

POSTOPERATIVE INSTRUCTIONS FOR SEPTOPLASTY AND TURBINOPLASTY



Septoplasty and turbino­plasty is performed under general anesthesia and typically takes 60-90 minutes to perform. The patient will usually spend 2-3 hours in recovery before being discharged home. You will have soft rubber splints in your nose that will be removed in the office on a date arranged by your surgeon (usually 5-7 days postop). You may have some soft brown packing material in your nose called Surgical. Do not worry if some of this brown packing falls out in the days after your surgery. Take your usual home medications after surgery with the exception of any blood thinners.

Pain control: Your surgeon will prescribe you pain medication to take as needed. If you feel that you don't require the prescription pain medication, you may take plain Tylenol. Do not take prescription pain medication together with Tylenol, as this may be too much acetaminophen. Do not take ibuprofen (Advil, Motrin) or naproxen (Aleve) for one week after surgery, as this may increase your risk of bleeding.

Activity: Do not engage in any strenuous activity for 2 weeks after surgery. Avoid blowing your nose for 2 weeks after surgery. If you must sneeze, try to sneeze through your mouth. You may be more comfortable if you sleep with several pillows or your head of bed elevated for several days. Do not drive while taking prescription pain medications.

Diet: There are no dietary restrictions after septoplasty and turbino­plasty.

Things to expect:

1. You may feel very congested and have facial pressure. Many patients equate the feeling to that of a cold.
2. You may experience some mild oozing of blood from your nostrils or in your throat. You can apply a gauze bandage under your nose if necessary.
3. You may experience numbness of the upper teeth for several weeks after surgery. This usually resolves completely.

When to call:

1. Fever greater than 102 F.
2. Continuous bleeding or profuse bleeding from the nose or mouth.
3. Uncontrollable or severe pain.