

## POST-OPERATIVE INSTRUCTIONS:

### Post-Septoplasty/Turbinates Reduction

1. Do not blow your nose for five (5) days. After five (5) days, you may gently blow one (1) nostril at a time.
2. You will receive a prescription for pain medicine and an antibiotic. Tylenol® may be taken **instead** of your pain medicine for discomfort. Do not take it in addition as your prescription medicine likely has Tylenol® in it already. Avoid medicines such as ibuprofen (motrin®), aspirin, plavix®, coumadin®, or vitamin E. They will increase the risk of bleeding following surgery.
3. Clean the nostrils with a q-tip and peroxide 2 to 3 times a day. Then apply antibiotic ointment to both inner nostrils.
4. Slight oozing or drainage from the nose is normal. Expect to change a gauze taped in front of the nose every 15 minutes for the first few hours after surgery and then up to once every hour after that for the first day or two. The bleeding will steadily decrease over the next few days. You may use Afrin or neosynephrine every 5 minutes for 30 minutes to help control the bleeding for the first 2-3 days. **If you notice any heavy bleeding from the nose, call your Doctor's office or go to the Emergency Room.**
5. You may follow your usual diet, but you should avoid alcohol.
6. Do not lift or strain or engage in exercise for one week.
7. Do not operate heavy machinery while you take the prescription pain medicine.
8. You should not smoke, this will affect the healing process.
9. Do not return to work until you physician instructs you to do so.
10. Saline nasal spray is often helpful to clean the nose and aids in the healing process. More vigorous nasal rinses may also be recommended depending on what was seen during surgery. You may start these on the day after surgery.
11. You will need a Doctor's appointment one week following your surgery. **Always feel free to call with questions or concerns.** You can call the office numbers at the bottom of this sheet day or night.