

Post-Operative Instructions: Septoplasty/Turbinate Surgery

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- Sleep with your head elevated for 3 days (ex. Extra pillows or in a recliner chair).
- Keep a warm or cool mist humidifier at your bedside.
- Do NOT take very hot showers—this could stimulate a nose bleed.
- Do NOT smoke; Do NOT drink alcoholic beverages for 2 weeks.
- Eat a soft, cool diet - NO hot or spicy foods.
- Take Tylenol® for pain or prescription pain medication provided by your doctor. (NO Aspirin-containing products or Ibuprofen-containing products)
- Apply moisturizing saline nasal spray (“Ocean” spray) every 3-4 hours while awake: 3 puffs gently into each nostril. This reduces crusting and facilitates healing. Saline nasal spray is available over-the-counter at your pharmacy.
- No strenuous activity, heavy lifting, or exercise for 10 days
- **Mustache Dressings:** Change the dressing under your nose as often as necessary, using a “2 x 2” sponge folded in half and held with ½ inch tape.
- If your doctor placed a nasal splint during surgery, you may feel the plastic just inside your nostrils. Your doctor will remove these at your first post-operative visit.
 - DO NOT try to remove the splints
 - You may bathe or shower immediately after surgery

You may experience some bloody drainage from your nose for 24 to 48 hours after surgery. You may also cough up some old dark blood for 24 hours after surgery. This is not unusual. You can expect nasal congestion for 2 weeks or more after surgery.

If any of the following occur, notify your doctor:

- Fresh bleeding
- Increased pain or swelling
- Dislocation of splints or cast