

Septoplasty and Turbinate Reduction

Disclaimer: *The following information should not be considered medical advice or a substitute for a consultation with a physician. If you have a medical problem, contact your local physician for diagnosis and treatment.*

General Anesthetic: After a general anesthetic, you may experience some weakness, dizziness, and sleepiness. A responsible adult must stay with you for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery, or make important or legal decisions for 24 hours after anesthesia or while taking pain medications.

What to expect: Nasal congestion and discomfort. Some bleeding is normal, bloody or non-bloody discharge is normal. Expect to change gauze taped in front of the nose up to once every hour after surgery. The bleeding will steadily decrease over the next few days. You can remove the gauze once drainage stops.

Diet: Start with clear liquids, you may resume your previous diet when you no longer feel nauseas.

Hydration: This is very important during the recovery period and will help the healing process. Avoid alcoholic beverages with cause dehydration and thickening of mucous.

Fever: It is not uncommon to run a low-grade fever, which can be expected after surgery. A fever below 101.5 degrees often clears and should not cause concern. This is probably the results of mild dehydration and the healing process. Please call us for elevated or persistent fever ($>101.5^{\circ}$ for 2 days).

Medications: Take all the antibiotics prescribed by your physician. Discomfort is usually relieved by Tylenol with codeine or extra-strength Tylenol. If a stronger pain reliever is prescribed, follow the directions carefully. **Do not take aspirin or products containing non-steroidal anti-inflammatory medications (i.e. ibuprofen).** These “thin the blood” and slow blood clotting

Special Instructions: Use salt water nasal spray (Ocean, Nasal, Aire, Simply Saline, 2 sprays in each nostril 5 times per day for 30 days after surgery. Do not use salt water nasal spray if a splint or packing is placed. This will be removed in 3-10 days then, you may begin use of the salt water nasal spray. Saline will keep the nasal tissue moist, clean the inside of the nose, reduce crusting and promote healing. Do not restart steroidal nasal sprays until your physician okays it.

Activities: Do not blow your nose. Do not lift or strain or engage in exercise for one week. If you need to sneeze or cough, do so with your mouth open. Keep your head raised 30 degrees at bedtime for 48 hours after surgery. Avoid strenuous exercise or lifting over 5 lbs for 2 weeks. You may

return to work or school 7 days after surgery, or as instructed by your physician.

Follow-up: The post operative appointment will be with your physician one week after surgery. Please call **206-215-1770** to schedule immediately if it has not been scheduled yet.

Contact the office if you experience:

1. Excessive bleeding. If you notice any heavy bleeding from the nose, call your Doctor's office or go to the Emergency Room.
2. Persistent severe pain not relieved by medication.
3. Elevated or persistent fever ($>101^{\circ}$ for 2 days). Fever for 2 days after surgery is normal.
4. Vomiting after stopping prescription pain medications, or reaction to the post-op medications.



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