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Aftercare: Septoplasty +/- Turbinoplasty

What you need

- 1. Nasal spray:** You will receive a saline nasal spray post-operatively. Use this as prescribed in order to decrease nasal crusting and optimize healing. **Do not use** intranasal corticosteroids, decongestant sprays (such as Otrivin or Dristan) or aggressive nasal rinses (such as a NeilMed) after your surgery as they may increase your risk of bleeding or septal perforation.
- 2. Pain medication:** Pain is usually mild after surgery. Typically, patients do not require medication stronger than Tylenol and ibuprofen. These should be taken as indicated on packaging when pain is experienced.
- 3. Antibiotics:** If you require nasal stents, you will be given a prescription for antibiotics. These should be taken as prescribed until the nasal stents are removed at your follow-up appointment. It is important to take to decrease your risk of post-operative infection and septal perforation.

Important information

Breathing: After septoplasty, the inside of the nose will swell as it heals. This can last up 3-6 weeks and cause difficulties with nasal breathing. Use nasal saline spray as prescribed to help with the congestion. Elevating the head of your bed during sleep may also provide some relief. **Do not** use nasal decongestant or steroid sprays.

Crusting: You may feel crusts inside the front nostrils. **Do not** pick at or remove these crusts. The saline nasal spray will slowly dissolve and remove them. They can also be removed at your follow-up appointment.

Bleeding: If you experience bleeding, provide pressure on the soft part of the front of your nose for 20 minutes with your head tilted forward (not backward). If it has not stopped following this intervention, proceed to the emergency department. **Do not** blow your nose.

Activity: To minimize your risk of bleeding and surgical failure,

- Avoid contact sports or environments where your nose could experience trauma
- Avoid blowing your nose
- Avoid strenuous activities and lifting more than 20 pounds

Return to the Emergency Department if:

- Fever
- Presence of pus
- External nose swelling or redness
- Eye discharge, swelling or redness
- Significant nasal bleeding