



## Post-Op Septoplasty/Turbinate Reduction Instructions

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After septoplasty it is normal to experience mild bleeding and oozing from the nose for the first 12-24 hours after surgery. You can remove the drip pad placed below your nostrils once the oozing has stopped. Keeping your head elevated at night or while sleeping will help to reduce this oozing. You should also avoid hot liquids and foods as they tend to dilate the blood vessels in your nose and increase oozing. Call your surgeon if your oozing requires more than 10 pads in 24 hours or if you experience brisk bleeding at any time.

During the week after your septoplasty you will need to keep your nasal passages clean. You will have splints on either side of the middle wall (septum) of your nose. These splints have a small tube or opening that, if kept clean, will allow for easier breathing during the week after your surgery. Frequently use an ocean nasal spray bottle (or equivalent saline mist) to clear the nasal passages. Many patients find that using ocean nasal spray as often as once per hour is quite effective.

Please gently clean your nostrils daily with half-strength peroxide (mixed with water) applied with a q-tip. After cleaning your nostrils, apply an antibiotic ointment, such as bacitracin, triple antibiotic, Bactroban (mupirocin), or neomycin ointment inside each nostril.

Please schedule a follow-up visit in 7 to 10 days as directed by your surgeon. During this visit, your surgeon will remove your nasal splints and clean the nasal cavities of any remaining debris. This can be mildly uncomfortable and it is a good idea to take either Tylenol or your prescribed pain medication just prior to this visit. Make sure that you have had something to eat prior to your appointment and please have a companion available to drive you home after your appointment.

Continue to use nasal saline, either ocean spray or a saline irrigation, for several weeks after surgery until the normal mucus production of your nose returns. It is often helpful to place a small amount of bland ointment (Vaseline or Aquaphor) into each nostril during this period as well.

If you were using a topical nasal steroid spray (Flonase, Veramyst, Rhinocort or Nasonex) prior to surgery, you can generally restart your spray after your nasal splints have been removed. Be sure to use your nasal steroid spray after using any nasal saline so that it is not washed out of the nose and be careful not to insert the tip of the spray bottle deeply into the nose.