# Septoplasty with/without Reduction of Inferior Turbinates

## Care after Surgery

Read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your caregiver.

### HOME CARE INSTRUCTIONS AFTER SEPTOPLASTY

- After the operation, it is normal to have mild headaches, a stuffy nose or bloody discharge from the nose. There may be sneezing and a plugged or full sensation in the ears.
- There will be splints in your nose after the surgery that will be removed after one week.
- There may be dissolvable material in your nose if inferior turbinate resection was performed. This was put in to help reduce bleeding. Some of this material may fall out like a clot. This is normal and not a cause to worry.
- Finish all antibiotics if given. Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- You may clean your nostril with an over-the-counter nasal saline spray. This will help clear the crusts and blood clots in your nose.
- You may also make your own saline solution by mixing the following:
  - ½ tsp of salt (2.46 ml).
  - ½ tsp of baking soda (2.46 ml).
  - 6 oz (180ml) of water.
  - If the saline solution is too irritating, you may dilute it with more water.
- **Do not** blow your nose for 2 weeks after surgery.
- Avoid strenuous activity such as heavy lifting (more than 10 pounds or 4.5kg), running or sports for 2 weeks. This can cause nosebleeds.
- Elevate your head on a couple pillows when sleeping or lying down.
- Eat a well balanced diet with plenty of fiber to keep your stools soft. This avoids straining which can cause a nosebleed. You may take one tablespoon of Metamucil twice a day in a full glass of water or can take a tablespoon of mineral oil twice a day to help keep your stools soft.
- Make and keep follow-up appointments with your surgeon as directed.
- When your splints have been removed and the nasal cavities are sprayed and cleaned, apply antibacterial ointment to the inside of your nose with a Q-tip. This should be done twice a day for the next 2 weeks after surgery or as directed.

### SEEK MEDICAL CARE IF YOU DEVELOP:

- Redness, swelling, or increasing pain in your nose.
- Pus-like (*purulent*) discharge coming from your nose.
- An unexplained oral temperature above 101º F (38.3º C) develops.
- A severe headache or neck stiffness.
- Severe diarrhea.
- Complete blockage of breathing after the nasal splints are removed.
- An ongoing feeling of being sick to your stomach (*nausea*) or throwing up (*vomiting*).
- Any questions you feel concerned about or do not feel we have answered.

**SEEK IMMEDIATE MEDICAL CARE IF:**

- You develop a rash.
- You have a hard time breathing.
- You develop any reaction or side effects to medications given.
- You develop dizzy episodes or fainting while standing or develop shortness of breath.
- Any visual changes or marked swelling of the eyes.
- Rapid bleeding from your nose.

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