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POST-OPERATIVE CARE INFORMATION FOR SURGICAL PROCEDURES

To the Patient/Guardian, _____ Surgery Date: _____ Center Name: _____

POST OP CARE INSTRUCTIONS FOLLOWING SEPTOPLASTY AND TURBINATE SURGERY:

- 1) Septoplasty and turbinate surgery are operations that are done entirely within the nose to correct an obstruction of your breathing passages.
- 2) Do not take medications containing aspirin, aspirin products, anti-inflammatory drugs (such as Motrin, Aleve, and Advil), Ginkgo Biloba, nor blood thinners/anti-platelet drugs (such as Coumadin, Plavix) for two weeks prior to or after surgery, as these may cause bleeding. Only Tylenol (acetaminophen) products are safe.
- 3) After surgery, there may be dissolvable packing in the nose. This packing usually melts and dissolves by itself 1-3 days post-operatively. Some bloody drainage for 3-5 days following surgery may persist. Intranasal splints if present are removed on the first post-operative week visit in the office, usually painlessly after application of a topical anesthetic spray. The sutures within your nose will dissolve spontaneously within 2-3 weeks.
- 4) There is usually no external bruising or swelling from a septoplasty.
- 5) During the first post-operative week, you should not blow your nose. During the second post-operative week only gently nose blowing should be done.
- 6) There is usually significant swelling within the nose. This may persist for approximately one month. Additionally, the nasal cavity tends to form crusts during this period of time that may produce some discomfort and obstruction.
- 7) Saline nose spray is to be used 4 times daily to help prevent crusting. The edges of the nostrils may be cleaned gently with a Q-tip and hydrogen peroxide then apply a generous amount of Bacitracin Ointment 2 or 3 times daily inside of the nostrils. A cool mist vaporizer at bedside may be helpful.
- 8) No vigorous activity including bending, lifting, contact sports, etc., should be performed during the first 2 weeks. Failure to follow precautions may cause a significant nosebleed.
- 9) Antibiotics should be taken for at least 2 weeks post op.