



Post-Op Septoplasty/Turbinates Reduction Instructions

After a 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 reduce 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 surgery. Frequently use the Ocean Nasal Spray or equivalent saline mist to clean your passages. Many patients find that using Ocean Nasal Spray once every hour is quite effective.

Please gently clean your nostril daily with a mixture of half water and half peroxide, applied with a Q-tip. After cleaning your nostrils, apply an antibiotic ointment, such as Bacitacin or Bactroban ointment inside each nostril.

Please keep your scheduled follow up visit in 7-10 days. 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 your prescribed pain medication just prior to this visit. Make sure you have had something to eat prior to your appointment and please bring someone with you that is able to drive you home after your appointment.

Continue to use nasal saline for several weeks after surgery until the normal mucous production of your nose returns. It is often helpful to place a small amount of bland ointment, such as 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.

If you have any questions or concerns please call our office.

Phone (580) 531-0022 • Toll free (800) 805-0003 • Fax (580) 531-0026
5402 SW Lee Blvd., Lawton, OK 73505
www.lawtonent.com