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### **What to expect after a septoplasty/rhinoplasty/turbinoplasty:**

- You can expect some bloody discharge and bleeding for 3-5 days after surgery. If you have bleeding that is not stopping easily, tilt your head back and apply some ice gently to the nose (a small bag of frozen peas works well) and to the back of the base of the head/neck area. You can also try to spray 2 sprays of Afrin into each nostril.
- You can expect to be uncomfortable for 7-10 days. You will receive a prescription for oxycodone with acetaminophen. Most patients do not need narcotics after the first three days. If your pain is not severe, you can take Acetaminophen (Tylenol) or Ibuprofen (Advil/Motrin). Wait for 48 hours after surgery to take Ibuprofen.
- Take all medicine with food. Take Miralax if narcotics cause any constipation.
- Expect to be congested for the first 2-3 weeks after surgery.
- You may have silicone nasal splints which can be seen as tubes in your nose or a cast on top of your nose. These help the septum to heal straight and prevent scar tissue from forming inside. Splints stay in place for approximately 2 weeks; the cast usually stays in place for 1 week.
- You will be seen 5-7 days after surgery for a follow up visit, and again 1 week later.

### **Discharge Instructions:**

- Sleep with your head slightly elevated for the first 2-3 nights after surgery. Do not sleep on your face.
- Do not blow your nose or strain for 2 weeks after surgery. Careful not to hit your nose.
- You can gently apply ice for the first 1-2 days after surgery.
- You can gently clean crusted blood and discharge from around your nostrils with a mixture of half peroxide and water. Do not stick Q-tips inside of your nose.
- You can also use a nasal saline spray or drops to clean some crusts and discharge from nose 2-3x/day.
- Do not use any nasal steroid sprays (like Flonase, Nasocort or Nasonex) for 2 weeks after surgery to allow nasal mucosa to heal.
- Do not lift anything heavier than 20 pounds for one month.
- Avoid strenuous, aerobic exercise for 2 weeks after the surgery. Avoid contact and ball sports for 1 month after surgery unless wearing a face shield or mask.

### **Please call the office or nurse practitioner (347-502-1439 ) if...**

- You have a fever greater than 100.5 ° F.
- You have continuous bleeding that won't stop with ice or Afrin.
- You notice a funny odor and yellow, pus- like discharge.