Postoperative Septoplasty and/or Turbinate Surgery (without Sinus Surgery) Instructions

- Sleep with your head slightly elevated for 2-3 days.
- No heavy lifting or straining for 7 days.
- Do not blow your nose or sniff forcefully.
- Sneeze with your mouth open if possible.
- It is OK to wipe your nose gently.
- It is normal to have mild bloody drainage for the first 24 to 72 hours.
- If the bleeding worsens or persists, sit up and spray your nose with Afrin or generic oxymetazoline, 2-3 sprays in each side.
- If nasal bleeding still does not stop, or if you have a constant drip of clear fluid from your nose, call your physician.
- Starting the next evening after your surgery day, unless you are instructed otherwise, use salt water (saline) mist spray 3 to 4 times a day to keep your nose moist.
- Use your nasal steroid spray, if prescribed, twice a day starting the next evening after surgery.
- Take pain medicine as needed. If the pain is mild, you may use Tylenol or generic acetaminophen. Avoid aspirin or other anti-inflammatory medications. If you have excessive or persistent pain, call your physician.
- If you have any trouble with your vision or eye movement, or if you have bruising or swelling around the eyes, call your physician.
- If you have persistent fever over 100 degrees, call your physician.
- You will have absorbable material in your nose which does not have to be removed. In the rare case that we have to use removable packing, you will be given an appointment in the first day or two after surgery to have it removed.

For Questions or Emergency Care:
Call the office at 601-984-5160. You may need to speak with the doctor on-call.