



Septoplasty and/or Turbinate Reduction Postoperative Instructions

Diet	Regular diet and/or soft foods as tolerated. Stay well hydrated.
Activity	<ul style="list-style-type: none"> • No heavy lifting or strenuous exercise for 2 weeks. • Sleep with your head elevated. • A bedside humidifier is recommended. • You may shower the day after surgery and wash your hair, but avoid very hot water. • Do not blow your nose for 2 full weeks. • Sneeze with your mouth open.
Expectations	Mild bloody drainage from the front of the nose is expected. Mild to moderate headache, facial pressure, and nasal congestion are normal during recovery.
Medications	Take prescribed pain medication as directed. Tylenol may be used for mild pain or fever. Do not take Tylenol with Norco or Percocet.
Bleeding	<ol style="list-style-type: none"> 1. Spray each nostril with 2 sprays of Afrin® or Neo-Syneprine®. 2. Pinch the soft part of your nose firmly for 5 minutes. 3. If bleeding persists, place a hand-rolled cotton ball soaked with Afrin into each nostril and repeat every 5 minutes. 4. Replace cotton every 1–2 hours if needed. 5. Call the office if bleeding continues.
Nasal Packing	Most patients do not require nasal packing. If you do, you will receive additional instructions.
Sprays	<p>Keep the inside of your nose healthy and moist:</p> <ol style="list-style-type: none"> 1. Purchase saline spray (Ocean® or similar). 2. Use 2 sprays in each nostril 3–4 times daily beginning the day after surgery. 3. Bloody or mucus drainage after spraying is expected. 4. Between sprays, saline gel (Ayr® or similar) may be used for additional moisture.
Contact	Please contact our office with any questions or concerns: (404) 252-7368