

After Your Surgery: Septoplasty & Inferior Turbinate Reduction



What to Expect

- Some bleeding from the nose for the first few days is expected. It is usually mild.
- You may have soft plastic nasal splints in your nose held in place by a suture. These will be removed at your first post-op visit.
- Nasal pain and congestion is normal. You will likely feel more congested than you did before surgery. This is due to swelling and the nasal splints (if in place).
- Your upper front teeth may be numb. This is almost always resolves within a few weeks.
- Your nose is fragile for at least 6 weeks after surgery; avoid injury to the nose during this period.

What to Do

- Use nasal saline spray every few hours (while awake) until follow up.
- Can use Afrin nasal spray as needed for bleeding and nasal congestion for 3-5 days after surgery. **Please stop Afrin after 3-5 days.**
- Keep your head elevated while sleeping. Sleep with an extra pillow or two.
- Tape a piece of gauze under your nose if there is mild bleeding. Change gauze as needed.
- Pain can typically be controlled with over-the-counter Tylenol and ibuprofen or Aleve. You can take these per instructions on the bottle.

What Not to Do

- No heavy lifting, strenuous exercise or anything tiring for 2 weeks after surgery.
- Do not blow your nose for the first week. Do not sneeze with your mouth closed.
- Do not fly or travel for at least 1 week after surgery.

When to Call or See the Doctor

- Persistent fever over 101° F.
- Worsening, severe nasal pain.
- Persistent, heavy bleeding from the nose.

Follow Up

- Follow up will be 3-7 days after surgery. We will let you know when to schedule your appointment.