After Your Surgery

Septoplasty & Inferior Turbinate Reduction

CAPITAL ENT & SINUS CENTER

What to Expect

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

What to Do

- Use nasal saline spray, 2 sprays in each nostril every 2 to 3 hours while awake (5 or 6 times a day), until your follow-up visit.
- You may use Afrin nasal spray as needed for bleeding and nasal congestion for 3 to 5 days after surgery. Stop Afrin after 3 to 5 days.
- For the first 3 nights, sleep with your head and shoulders raised 30 to 45 degrees (wedge, pillows or recliner).
- Tape a piece of gauze under your nose if there is mild bleeding. Change the gauze as needed.
- Pain can typically be controlled with over-the-counter Tylenol and ibuprofen or Aleve, taken per the instructions on the bottle.

What Not to Do

- For 24 hours after anesthesia: no driving, alcohol or important decisions; after general anesthesia, we recommend an adult stay with you the first night.
- No heavy lifting (over about 10 lb), strenuous exercise (anything that makes you breathe hard, strain or sweat), or anything tiring for 1 week after surgery, then ease back into your normal activities.
- Do not blow your nose for the first week. Do not sneeze with your mouth closed.
- For at least 1 week after surgery, stay within about an hour's drive of our office or a hospital emergency room, and do not fly.
- No smoking or vaping until your surgeon confirms you have healed.

When to Call or See the Doctor

- Temperature of 101° F+ for over 24 hours or starting 3+ days after surgery, or 102° F+ at any time (check before the next Tylenol or ibuprofen dose).
- Worsening, severe nasal pain.
- Bleeding from the nose that does not stop, or any bleeding that worries you: call us for guidance. Severe bleeding you cannot control, or bleeding with lightheadedness or fainting: call 911 or go to the nearest emergency room.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830

Dripping Springs 512-339-4040

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