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Septoplasty with or without Turbinates

Post-Operative Information

WHAT TO EXPECT

- You may have some mild nasal swelling
- You can expect blood-tinged drainage from the nose for up to a week
- We will place a “moustache” dressing beneath the nose
- Your nose will be stuffy for a while. That is normal.
- You may have stents placed in your nose
- Most patients can resume normal exercise 1 week after the procedure.
- Splints are two pieces of plastic held in place with a stitch inside your nose. Although they are used to provide the best long-term results, they can produce temporary discomfort and nasal blockage. These are temporary changes that should resolve once the splints and the stitch holding them in place are removed, usually a week after surgery
- Your nose will be stuffy for a while. That is normal.
- You may experience some discomfort sleeping for up to a week
- You may experience some dizziness, nausea and/or vomiting. You were prescribed medications during your pre-operative visit that can help with these symptoms

REPORT TO OUR OFFICE IF YOU EXPERIENCE

- Any excessive, increasing nasal pain not relieved by prescribed pain medication
- Any fever greater than 101.5°F
- Any injury to your nose
- Active bleeding that can not controlled.

INSTRUCTIONS

- **1 Day after surgery, start NeilMed Sinus Rinse**
 - **1 bottle on each side 3 times a day. Lean head forward while using your sinus rinse**
 - **Continue rinsing until your follow up appointment.**
- Gauze squares (4 x 4s) moistened in ice water and placed over the eyes and upper cheek area may help reduce swelling, bleeding and discomfort in the first 48-72 hours after surgery.
- Change the “moustache” dressing placed beneath the nose as often as needed, i.e. when dressing gets soaked or stained from bloody drainage or nasal mucous secretions. This may need to be done every 20 minutes the day of surgery. Bleeding can also be reduced by placing a piece of cotton soaked in Afrin nasal spray (an over the counter medication) gently into the affected nostril. Placing an ice pack or a bag of frozen vegetables on the nose can also help.
- Outside of nostrils may be cleaned with hydrogen peroxide using Q-tips. Do not attempt to remove hardened crust from inside the nostrils. Vaseline or antibiotic ointment may be used to loosen dried crusts by applying inside the nostril 2-3 times daily.
- It is best to avoid aspirin for 1 week after surgery as these medications can increase the likelihood of bleeding. Check with us if you are on aspirin or other blood thinners for a medical reason.
- Sleeping with your head elevated on 2-3 pillows for the first few nights may be more comfortable.

THINGS TO AVOID

- Touching or bumping the nose.
- Nose blowing for at least 2 weeks
- Trying to stop a sneeze. Sneeze with the mouth open
- Hot showers and hot foods (temperature or spicy) for 2 days after surgery as this may promote bleeding. Lukewarm is ok
- Vigorous physical activity or exercise that can cause bleeding or increase nasal swelling for 1-2 weeks
- Smoking for at least 2 weeks postoperatively

**For any questions, please
contact us by phone, text or
email**