



Post-Operative Care Instructions for Septoplasty and Inferior Turbinoplasty

Pain Management

- **Expected Pain:** Some pain is normal after septoplasty.
- **Medications:** Take prescribed pain medications. You may take paracetamol, ibuprofen, or celecoxib to manage any discomfort.
- **Additional Tips:** Ice packs to the nose can also help relieve some of the discomfort.

Diet and Hydration

- **Food and Drinks:** Resume your normal diet as tolerated. Make sure to drink plenty of fluids during this time. It's normal to have a decreased appetite for the first few days after surgery.

Activity and Recovery

- Expect to feel low on energy for 1-2 weeks, and you may need more rest than usual. Adjust your activity level accordingly. Avoid heavy lifting or straining.

Common Post-Surgery Symptoms

- **Bad Breath:** Common and should resolve in about 1-2 weeks.
- **Bleeding:** Light bleeding or blood clots from the nose are common. Avoid coughing, if possible, to prevent bleeding. Sneeze with the mouth open when possible.
- **Dry lips:** Are common due to initial mouth breathing.
- **Drainage:** It's normal to have nasal drainage that is often bloodstained. Don't be alarmed—a small amount of bleeding is expected and may continue for the first week. If you experience heavy, bright red bleeding, contact your doctor immediately. Old blood, which is reddish-brown, may drain from your nose for a week or more; this is normal. Moderate amounts of thick drainage can persist for 4-6 weeks after surgery.
- **Congestion:** Expect to feel stuffy and congested for several weeks. Do not insert anything into your nose. If dried blood accumulates in your nostrils, you may gently remove it with a cotton bud moistened in water.
- **Saline Irrigation:** You may perform saline nasal irrigation if your nose feels blocked. Twice a day is often recommended. Saline will gently dissolve any crusting. Avoid forcibly removing crusting or drainage by blowing or picking your nose, as this can injure the nasal lining and cause further bleeding, leading to delayed healing.
- **Do NOT** forcibly or manually remove crusting with your fingers. Some sutures are present at the front of the nose. These are dissolving and if they have not dissolved will be removed at the follow up appointment.

Contact Information

- **Non-Urgent Questions:** Call the office at 03 548 4994.
- **Urgent Concerns:** Contact Dr. Slough directly. Leave a message or text if there is no immediate response, especially during operations or after hours.