



Stephanie Jo Herrera, M.D.

## Post-Operative Instructions

### Septoplasty and/or Inferior Turbinate Reduction

- **Bleeding:** It is normal to have some bleeding after surgery. You can expect some bloody discharge for the first three to five days after surgery, especially after you irrigate your nose. If steady bleeding occurs after surgery, tilt your head back slightly and breathe through your nose gently. You may dab your nose with tissue but avoid any nose blowing. If this does not stop the bleeding you may use Afrin nasal spray. Several sprays will usually stop any bleeding. If Afrin fails to stop steady nasal bleeding then you should call our office or the on-call doctor.
- **Pain:** You should expect some nasal and sinus pressure and pain for the first several days after surgery. This may feel like a sinus infection or a dull ache in your sinuses. You will have a prescription for a postoperative pain medication to take after surgery. If you prefer a non-narcotic medication, extra-strength Tylenol is safe and works well. You should avoid aspirin and NSAIDs such as Motrin, Advil and Aleve.
- **Fatigue:** You can expect to feel very tired for the first week after surgery. This is normal and most patients plan on taking at least one week off work to recover. Every patient is different and some return to work sooner.
- **Nasal congestion and discharge:** You will have nasal congestion and discharge for the first few weeks after surgery. Your nasal passage and breathing should improve within 2-3 weeks after surgery.
- **Nose Blowing and Straining:** You should avoid straining, heavy lifting (> 20 lbs.) and nose blowing for at least 10 days after surgery. Straining or nose blowing soon after surgery may cause bleeding. You can resume 50 percent of your regular exercise regimen at one week after surgery and your normal routine two weeks after surgery.
- **Steroid Nasal Sprays:** If you were taking nasal steroid sprays prior to surgery you should avoid using these for at least two weeks after sinus surgery to allow the lining of the nose and sinuses to heal. Your doctor will tell you when it is safe to restart this medicine.

#### Postoperative Care Instructions:

- **Nasal Saline Spray:** Nasal saline mist spray should be used every 2-3 hours after surgery and can make your nose more comfortable after surgery. These sprays (Ayr, Ocean, Simple Saline) are over-the-counter medications and can be purchased in any pharmacy.
- **When to Call After Surgery:**
  - Fever after the day of surgery higher than 101°F
  - Constant clear watery discharge after the first week of surgery
  - Sudden visual changes or eye swelling

- Severe headache or neck stiffness
- Severe diarrhea
- Steady, brisk nose bleeding that doesn't get better after using Afrin

**Who to Call After Surgery**

During the day you should call the clinic at: 979-299-1520

After hours you should call: 979-299-1520 or go to Emergency Room if urgent issue occurs