

Post-operative Instructions for Septoplasty, Turbinectomy

The following instructions are designed to answer questions that may arise regarding the “do’s” and “don’ts” after surgery. Please read the instructions to familiarize yourselves thoroughly with them. Following them faithfully will generally cause the smoothest post-operative course. This of course, favours proper healing and a better result.

Swelling:

Every operation, no matter how minor, is accompanied by swelling of the surrounding tissues. The amount of swelling varies from one person to person. Minor swelling may persist for several weeks. The main thing to remember is: such swelling eventually subsides.

You can help the swelling subside in several ways:

- Avoid bending over or lifting heavy things for one week. Besides aggravating swelling, this may raise the blood pressure and start bleeding.
- Avoid hitting or bumping your nose for at least one week following surgery. It is not wise to pick up small children who may inadvertently bump your nose.
- Sleep with the head of the bed elevated.
- You may gently blow or sniff your nose the third day after the operation. Do not push on the nose when blowing. Blow gently through both sides at the same time.
- Avoid constantly rubbing the nostrils and base of the nose with Kleenex. Use a nose pad/moustache dressing instead if the discharge is excessive.
- Report any excessive bleeding that persists.

Discoloration:

Following surgery, it is not unusual to have varying amounts of discoloration about the eyes. Like swelling, the discoloration may become pronounced one (1) to two (2) days after surgery. It usually does not last for more than a week, all the while decreasing in intensity.

- The measures that help the swelling to subside will also help the discoloration.

Haemorrhage/Bleeding:

You can expect more mucous drainage for several days after surgery and it may be blood tinged and should cause you no concern unless the drainage becomes bright red and flows heavily.

- If haemorrhage does occur, go to bed, use a nasal spray such as Iliadin or Otrovin and elevate the head.

Avoid:

- Bending over, lifting heavy objects or hitting your nose.

Post-Operative symptoms:

- mild to moderate pain
- Occasional sinus headaches. These may occur up to several weeks after surgery.
- Nasal Blockage. Will gradually subside over a period of time.

Cleaning the Nose:

- Don't blow the nose at all for three (3) days; after that, blow through both sides at once – do not compress one side.
- You may clean the outside of the nose and the upper lip with cotton-tipped applicators (Q-tips) moistened with water, but don't rub too vigorously. Dried blood in the nostrils may be gently cleaned and removed with a Q-tip.
- An antibiotic ointment will be supplied and can be applied to the inside of the nostrils. This helps soften crusts and usually make the inside of the nose feel better.

Resume Activities:

- Returning to Work: The average patient is able to return to school or work seven (7) days following surgery.
- Normal activity in two (2) weeks.
- No swimming, gym, tennis, jogging or other strenuous athletic activity for four (4) weeks.
- No contact sports for two (2) months.
- Try to avoid sneezing. If you must; let it come out like a cough – through the mouth.

Medications:

Take the medications as prescribed.

- Prophylactic antibiotic
- Rinse nose with Flo Nasal kit three times a day
- Use Iliadin for nasal blockage symptoms
- Use Avamys nasal spray after each nasal rinse.
- Pain medication as needed

General Information:

- Temperature: Generally, the body temperature does not rise much above 38°C following surgery. Report any persistent temperature above 38° C.
- Weakness: It is not unusual after a person has an anaesthetic to feel weak, have a rapid pulse, break out in "cold sweats", or get dizzy. This gradually clears up in a few days.
- Your First Post-Operative Visit is 5 days post-surgery and an appointment will be made on your behalf before discharge.

Finally: Please follow these instructions faithfully so that you can attain the desired result. If you have any further questions or concerns, please do not hesitate to call our office