

## EAR, NOSE & THROAT CONSULTANTS OF NEVADA

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PHONE: (702) 792-6700 FAX: (702) 792-7198 [www.entc.com](http://www.entc.com)

### Postoperative Instructions: Septoplasty and Submucosal Resection Turbinates (Turbinate Cautery Crush)

1. There are no dietary restrictions following these surgeries. After any post-anesthesia has resolved, the patient should drink an increased number of fluids. Also, we encourage the patient to deep breaths twice hourly on the first day post-operative to expand the lungs to rid the body of anesthetic.
2. It is important that the patient not blow the nose for at least 14 days post-operatively unless otherwise specified by your doctor. You may, however, sniff gently. Your doctor will speak further to you regarding this subject at the time of your splint removal, which is usually two to seven days post-operatively.
3. The nasal splints are made of very soft plastic and have an airway in each splint that will hold the nasal septum in place and aid the patient with an airway since there will be swelling in nasal passages. They will be removed two to seven days post-operatively. You will see drainage from the nose after the surgery, so don't be alarmed. At first, you may even need to change the drip pad every hour. As the days go by, the drainage will decrease. You will see a black thread under the nostrils that is a suture. For dried drainage, at end of the nostrils, you can use a wet cotton ball. You can also put Vaseline on a Q-tip to moisten the tip of the nostrils. You need to call us if there is BRIGHT RED DRAINAGE that is actively dripping for ten minutes, and enough to fill a cup.
4. You may be asked to apply ice compresses to the bridge of the nose for 24 hours following surgery to decrease swelling and pain. Frozen peas or corn in a zip lock bag work well.
5. You will be given a prescription for an antibiotic to begin after surgery. Be sure to get this prescription filled to avoid any post-op infection
6. You will be given pain medication that you can take every four hours as needed for pain. Usually, there is a dull throbbing of the nose, a feeling of headache or pressure in the frontal area, and over the maxillary sinus. You may be doing some mouth breathing too. You may feel relief when the splints are removed one to seven days after surgery.
7. You may need to sleep with your head elevated while the splints are in.
8. Do not bend over from the waist or throw your head forward; this could cause bleeding. Squat at the knees to pick anything up.
9. Do not lift anything over 10 pounds for at least two weeks post-operatively.

**REMEMBER: No Advil, Motrin, Ibuprofen, or any Aspirin products for *two weeks* post-operatively.**

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#### Northwest Office

7040 Smoke Ranch Road

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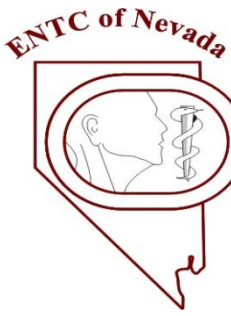
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10. You are to do nothing that will increase your blood pressure or increase your heart rate, as that could cause bleeding.
11. Rest for five days! Take it easy and pamper yourself!!
12. Your post-operative appointment will be one to seven days after surgery to remove splints and give your doctor the opportunity to examine the surgical area. If you have had functional endoscopic sinus surgery, you may also have sponges (one in each nostril) to be removed about five minutes after the splints are removed. This process is not painful but does feel a bit uncomfortable. If you have only had sinus surgery and you do not have a follow-up appointment scheduled within 2 to 7 days, use any over-the-counter nasal saline spray throughout your waking hours to keep your nasal passages moist.

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