



Anne Arundel Ear Nose & Throat

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SEPTUM AND TURBINATE PATIENT POST-OPERATIVE INSTRUCTIONS

DAY OF SURGERY

Please rest the first day. It is normal to have a fair amount of bleeding. Please avoid blowing your nose and sneeze with your mouth open. It is normal for the bleeding to increase 3 - 4 hours after surgery when the medications wear off. Excessive bleeding is defined as soaking 5 nasal drip pads in one hour. You may use Afrin, 2-3 sprays in each nostril to stop excessive bleeding.

NIGHT OF SURGERY

Please sleep in a recliner, if available and leave a drip pad in place. Begin your antibiotics the evening of your surgery with your dinner.

DAY 1 FOLLOWING SURGERY

Begin using your saline irrigation in the morning, at least three (3) times per day. Do it more often if having difficulty getting the clots and scabs out. You may also begin blowing your nose gently. You may also clean your nostrils with hydrogen peroxide and a cotton swab. It is also helpful to apply bacitracin ointment to your nostrils twice daily. You may shower.

DAY 2 FOLLOWING SURGERY

Continue the regimen of saline irrigations, cleaning your nostrils with cotton swabs and applying bacitracin. You may begin feeling more pressure and difficulty breathing as the scabbing builds up. Increase your irrigations as tolerated. This feeling will improve on your first post-operative visit in the office.

DAYS 3 & 4 FOLLOWING SURGERY

Continue irrigations. You may be scheduled for a splint removal. This is an easy procedure and there will be only slight discomfort when the suture is cut. The splints will come out easily.

DAY 5 AND ONWARD FOLLOWING SURGERY

Continue irrigations. You may lessen the frequency depending on the level of congestion or pressure in your nose and ears. Continue irrigating at least twice daily. Continue your antibiotics until finished.

Your 2nd post-operative visit will occur approximately 3 - 4 weeks following your surgery. Breathing should be 80% improved. It will take approximately three (3) months for the swelling to go down completely and to achieve your final result.

If you have any questions or problems related to your procedure please call us on the surgical line at (410)570-5691 or the office at (410)573-9191.