

Turbinoplasty/Septoplasty

Post Op Education

Expect:

- Minor bleeding is expected up to one week
- Some Sinus and nasal pain
- Nasal congestion. A significant nasal congestion is expected if nasal splints are placed during the procedure

Instructions

- Remove any nasal packing 6 hours after surgery
- Use Nasal Saline Spray hourly while awake
- Use the Sinus Rinse 4-6 times daily
- Apply Saline Gel or ointment as directed to help keep nose moist
- Afrin (Oxymetazoline) generously (several times per day) up to 5 days continuously for bleeding or congestion. Stop 1-2 days prior to using again
- Avoid blowing nose for one week
- Sneeze with mouth open
- Take any pain or antibiotic medication as prescribed
- May return to school or work next day if feeling well
- Follow-up in 1-2 weeks
- Other _____

Examples of Products above



Saline Spray



Sinus Rinse



Nasal Gel



Afrin/Oxymetazoline