

# Turbinoplasty/Septoplasty



## Post Op Education

### Expect:

- Minor bleeding is expected up to one week
- Some pain is expected
- Nasal congestion is normal for the first week. Significant nasal congestion is expected if nasal splints are placed during the procedure

### Instructions

- Use nasal saline spray hourly while awake
- Use the sinus rinse or Neti pot as needed
- Use ointment as needed
- Afrin generously 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 pain medication as prescribed
- May return to work or school when feeling well
- Follow-up in 1-2 weeks
- Other \_\_\_\_\_