

ALEX CHENG, M.D. | RAMIN IPAKCHI, M.D.

Septoplasty and Turbinoplasty Instructions

Before Surgery

- Do not take any Aspirin, Ibuprofen or Vitamin-E TWO WEEKS prior to surgery unless discussed with the doctor. It will increase the risk of bleeding.
- **NO EATING OR DRINKING ANYTHING AFTER MIDNIGHT THE DAY BEFORE SURGERY.**

After Surgery

- When you wake up, you will have a bandage under your nose. It is called a "drip pad" and collects blood and mucous. This pad may need to be replaced or feel free to remove once you are home.
- Pick up prescriptions from the pharmacy also purchase saline spray.
- Some bleeding for the first 24-48 hours is NORMAL. Increased activity will result in increased bleeding.
- Start saline the next day after surgery. Spray 30-40 ml's each nostril 4-5 times a day, the more the better.
- Blowing your nose gently is OK, however it is preferred that you don't blow your nose.
- Sleeping elevated for the first few days will help with all the drainage in the back of your throat.
- Most patients will complain about not being able to breathe through their nose initially, it's normal to feel that way. You will be congested for about a week.
- Smoking prolongs and delays healing.
- Take pain meds as needed; do not take on an empty stomach, some patients switch to extra strength Tylenol after a few days.
- Finish all the antibiotics. Remember to continue to avoid Aspirin or Ibuprofen until your first follow up appointment.
- Call us if you are having any severe bleeding or any other concerns.

Follow Up

- A nurse from the office will call two days after your surgery and at that time they will make your follow up appointment, if you have not already done so.
- Appointment is usually 7-10 days after surgery.
- You can take an extra strength Tylenol before coming in for your debridement.
- During you follow up appointment the doctor will suction and clean any debris and any packing material. The cleaning will be easier with regular use of saline.