



DISCHARGE INSTRUCTIONS: SEPTORHINOPLASTY & TURBINATE REDUCTION

You have just undergone surgery to improve your breathing by straightening your septum, reducing the size of your turbinates, and, in some cases, using cartilage grafts to reshape or strengthen your nose. The information below will guide you through your recovery.

Supplies to Have at Home

- **Nasal saline spray** (such as OceanMist or a store brand)
- **Afrin** (oxymetazoline nasal spray)
- **Acetaminophen** (Tylenol)
- **Ibuprofen** (Motrin/Advil)
- **Ice packs** for swelling and comfort

Pain Control

- Take acetaminophen (Tylenol) 650 mg every 6 hours as needed.
- Take ibuprofen (Motrin/Advil) 600 mg every 6 hours as needed.
- You may alternate these medications for more consistent pain relief.
- A small prescription for narcotic pain medication may also be provided. Use this **only if pain is severe** and not controlled with acetaminophen and ibuprofen.

Things to Expect After Surgery

The following symptoms are common after this procedure and typically improve as healing progresses:

- Nosebleeds or blood-tinged drainage, especially during the first 1–2 days
- Nasal congestion while the internal splints are in place
- Numbness or tingling of the upper teeth
- Numbness of the skin on the outside of the nose
- Bruising of the cheeks or under the eyes (this does not occur in everyone)

These symptoms are expected and generally resolve gradually over time.

Bleeding

- Mild nosebleeds are very common in the first 1–2 days after surgery.
- Some oozing or blood-tinged drainage is expected.
- **If significant bleeding occurs**, spray oxymetazoline (Afrin) into both nostrils to help slow the bleeding.
- If bleeding remains heavy or you are soaking tissues rapidly, call our office.

Nasal Care

- Use saline spray frequently throughout the day (every 1–2 hours while awake). This helps keep your nasal splints clean and promotes healing.
- Do not blow your nose until you are cleared at your follow-up visit.

Swelling and Ice

- Expect your nose to look extremely swollen after surgery—this is normal.
- Swelling improves gradually over weeks to months.
- You may place ice packs gently over the nose to help with pain and swelling.
- Final results may take up to a year to fully settle.

Activity

- Gentle walking and light daily activities are encouraged.
- Avoid heavy lifting, strenuous exercise, or bending over until cleared in clinic.
- Sleep with your head slightly elevated to reduce swelling.

When to Call Our Office

- Heavy or persistent bleeding that does not stop on its own
- Fever over 101.5°F
- Severe pain not relieved by prescribed medications
- Sudden worsening of swelling, vision changes, or severe headache