



Dr Talmadge – Septoplasty/Turbinate Reduction After Care

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You can expect some nasal stuffiness and crusting for 1-4 weeks after surgery. Following these suggestions can help you recover quickly and prevent complications

First Few Days After Surgery

- Expect some bloody nasal drainage for 1-3 days after surgery
- Sleep with your head elevated for the first 3 nights
- Cough/sneeze with your mouth open
- Drink plenty of fluids to prevent dry mouth - a bedside humidifier can help
- Pain control
 - Plain Tylenol (acetaminophen) every 6 hours as needed
 - Motrin (ibuprofen) 400-600 mg every 6-8 hours as needed (do not take if you are using Diclofenac)
- Apply mupirocin ointment inside both nostrils with q-tip twice daily for 7 days
- Discontinue nasal sprays (fluticasone/azelastine) until directed otherwise
- **Start nasal rinses the night of surgery or the following morning**
 - Do rinses with filtered or distilled warm water 2-4 times daily
 - Youtube “NeilMed sinus rinse video” for instructions
 - Continue rinses until your first post op appointment

The First Few Weeks After Surgery

- Take it easy and avoid bending, straining, and exercise for at least 7 days. No lifting above 15 pounds for 10 days.
- You will have some thick discolored drainage from your nose for the next 1-2 weeks. This is normal and typically does not indicate an infection

