



Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

Septoplasty and Turbinoplasty care

Septoplasty and turbinoplasty increase the size of the nasal airways to help you breathe better. Septoplasty is the name of the operation to straighten the partition (septum) between the two nostrils. Turbinoplasty is the name of the operation where the inferior turbinate (shelf of bone) is reduced in size.

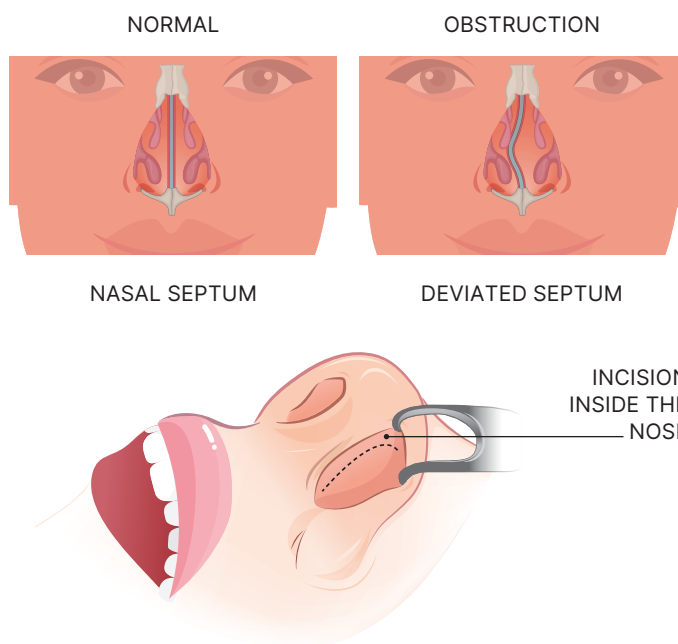
You will have dissolvable stitches inside your nose. You may also have plastic splints inside your nose. You will have a “nasal drip pad” under your nostrils to collect any blood that may drip from your nose. Your nurse will show you how to change the pad as needed. You may have dissolvable packing material inside your nose to reduce bleeding and swelling. If you have plastic splints inside your nose they will be removed in 1-2 weeks.

You will have some pain in your nose, and you may have a headache.

Your nose will be stuffy, and you will have trouble breathing through your nose for 1-2 weeks. Your upper lip and top teeth may be numb. You may have some itching or shooting pain as the feeling returns.

Let Dr Hall know if the nose gets more sore or more blocked after initially being not too bothersome.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to feel better as quickly as possible.



How can you care for yourself at home?

Activity:

- Do not drive in the 24 hours following your surgery.
- Rest when you feel tired. Getting enough sleep will help you recover.
- Keep your head raised for several days after surgery. Sleep with your head up by using 2 or 3 pillows.
- Try to walk each day. Start by walking a little more than you did the day before. Bit by bit, increase the amount you walk.
- You will need to take two weeks off from work.
- Avoid strenuous activities, such as bicycle riding, jogging, weight lifting, or aerobic exercise, for 3 weeks or until Dr Hall says it is okay. Strenuous activity may induce bleeding.
- To reduce the chance of bleeding avoid lifting more than 3kg for 3 weeks.
- To reduce the risk of bleeding, avoid lifting more than 3kg for 3 weeks.
- Do not bend over to look under a bed, etc. during the first week after surgery.
- Do not blow your nose for at least one week after surgery. Wipe your nose gently with a tissue. If you need to sneeze, do it with your mouth open.
- Do not rub your nose for 8 weeks.
- Do not swim for two weeks.

Diet:

- You may notice that your bowel movements are not regular right after your surgery. This is common. Try to avoid constipation and straining with bowel movements. You may want to take a fibre supplement every day. If you have not had a bowel movement after a couple of days, ask Dr Hall about taking a mild laxative.
- Resume your regular diet, there are no dietary restrictions. Stay well hydrated.

Nasal rinsing:

- Do nasal rinsing three times a day.
- Check out the Neilmed sinus rinse video on Youtube www.youtube.com/watch?v=LW9mvVe7Mk4&ab_channel=NeilMed on how to perform a sinus rinse.
- Nasal rinsing helps dissolve any blood clots and dissolvable packing that may have been placed in your nose. It helps the nose heal faster.
- If you are going to blow your nose, blow your nose very gently as vigorous nose blowing is very likely to cause a nose bleed.

Medicines:

- If you stopped taking aspirin or some other blood thinner, Dr Hall will tell you when to start taking it again.
- Take pain medicines exactly as directed (Dr Hall will prescribe).
- If Dr Hall prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.
- If you think your pain medicine is making you sick to your stomach:
 - Take your medicine after meals (unless Dr Hall has told you not to).
 - Ask Dr Hall for a different pain medicine.

Incision care:

- The incision is inside the left nostril.
- Apply Bactroban ointment inside each nostril twice a day for 7 days (Dr Hall will prescribe).

Other instructions:

- For 1 week, avoid wearing clothes that you pull over your head.
- Call or text Dr Hall if you have troublesome nose bleeding.

Bleeding

- it is normal for there to be some blood oozing from the nose in the first 72 hours after surgery.
- The nasal drip pad Will collect any oozing blood from the nose. The drip pad helps keep your fingers away from the nose and therefore lessens the chance of an infection. Change the nasal drip pad as required.
- if the bleeding is heavy or very persistent, call Dr Hall on 021 733 677

Problems

- if your nose becomes sore or red, you may have an infection, call Dr Hall on 021 733 677

Follow up appointment:

- Dr Hall usually sees his septoplasty patients about 2-6 weeks after surgery. His nurse Rebecca will arrange your follow up appointment for you. If you have not heard from Rebecca within one week of your surgery, please contact her on 09 281 2963.
- At the first post operative appointment, any splints placed inside your nose are removed.

Any problems call or text Dr Francis Hall on 021 733 677

Dr.  T. Hall