



POST-OPERATIVE INSTRUCTIONS

Septoplasty, +/- Turbinoplasty

Septoplasty is surgery to correct deviated septum. This procedure allows better airflow through your nose and may improve breathing. Septoplasty may be performed together with turbinoplasty (reduction of the size of the inferior turbinates)

Post-operative bleeding

Post-operative bleeding is the most common complication after this surgery and can occur anytime in the 2 weeks after the surgery.

A little trickle of blood from your nose for few days after the surgery is not unusual.

You may also spit out dark blood/clots for some time after the surgery.

Post-operative swelling

It is normal to get some swelling after the surgery. Your nose will be blocked, and you might find it difficult to breathe through your nose for 1- to 2 weeks after the surgery.

Post-operative medications

You may or may not receive antibiotics – your surgeon will advise you.

Pain relief – as advised by your anaesthetist.

Saline rinse

- **This keeps the nose clean and free of crusts, improving healing – Use it 4 times a day after surgery until your first follow-up appointment.**



**BUNBURY
ENT**

Experience Quality Care

Suite 7, St John of God Hospital
Cnr Bussell Highway & Robertson Dr
Bunbury WA 6230
Tel: 9729 6380 / Fax: 9729 6379
reception@bunburyent.com.au

What to avoid post-operatively

No nasal blowing
No heavy lifting
No straining
No strenuous exercise
Sneeze with your mouth open

What happens if you are bleeding?

Sit up, spit out any blood and squeeze the soft part of the nose for 5-10 minutes.
Chew on some ice.
Stay calm.
If this continues for more than 10 minutes – seek urgent medical attention.

Post-op infection

- Worsening pain
- Temperature /fever greater than 38.5 degrees for more than 24 hours
- Headache, neck stiffness, photophobia or change in vision.
- An increase in swelling or redness around the nose
- Foul smelling yellow or green nasal discharge
- Any swelling around the eyes

**** Please report these symptoms to me****

Follow up.

Your first appointment will generally be around 2 weeks after the surgery.

Revised: April 2024

Dr Rohana O'Connell
Dr Francis Lannigan
Otolaryngologist – Head & Neck Surgeon