



## **INSTRUCTION SHEET POST-SEPTOPLASTY & TURBINATE REDUCTION**

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### **Post-Septoplasty & Turbinate Reduction Instructions**

- **Your nose will be packed for a few days with a “Merocel sponge pack” that has a plastic tube in the middle that will help you breath a little air through your nose.**
- **You may experience excessive tearing from your eyes since your tear ducts are temporarily blocked by the nasal packs.**
- **A small amount of blood may appear in your eyes if the blood in your nose backs up to your eyes through the tear duct.**
- **For the first 24 hours there may be some mild bleeding out of your nose. Change the gauze “moustache” dressing as needed.**
- **Apply ice to your nose to constrict the blood flow to the nose.**
- **If bleeding persists try spraying Afrin nasal spray into your nose allowing the sponge pack to soak up the nasal spray.**
- **Call your surgeon or the Nurse Advice Unit (after hours) if bleeding seems excessive.**
- **Your nose will produce a lot of mucous that will run out of your nose and down the back of your throat.**
- **You will experience a sinus pressure headache. Take the pain medication as prescribed.**
- **Sleep with your upper body elevated.**
- **Avoid heavy lifting, bending over, or strenuous activities.**
- **On the morning of your first visit to the office to remove the nasal packs and Silastic nasal splints, you should take a dose of your prescribed pain medication just prior to your visit.**
- **Be sure that your first visit to the office after surgery that you have someone drive you to and from the office.**

**Dr Umeda’s office (909) 862-1191 ext 5467 or 5468  
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