



**Lubbock**  
SINUS DOCTOR

## **Postoperative Instructions for Submucous Resection Nasal Septum and Inferior Turbinates**

1. Internal nasal splints may be necessary. They are sutured in place and removed after 1 week.
2. Persistent oozing from the nose is common for 3-5 days. Change the nasal drip pad as needed. It should not "gush." Call if you have bleeding that is "gushing."
3. You will be very congested for 2 weeks after the surgery. It will be worse than it was before surgery. This is just swelling in the nose. Give it time. It will get better. Nothing can be done to resolve this any quicker. Sleep in a recliner or with your head elevated on a few pillows for the first 7-14 days after surgery.
4. Antibiotics and pain medications may be prescribed.
5. Avoid strenuous physical activity for 7 days.
6. Do not blow your nose for 2 weeks.
7. A ice pack over the nose may be soothing for the first 48 hours.
8. You may vomit some dark blood. This is blood swallowed during surgery.
9. Fevers for 7 days after surgery are not uncommon. You may take Advil or Motrin.
10. Stitches/sutures in the nose may be removed in the office. You may apply peroxide and over the counter Bacitracin antibiotic ointment to the anterior nostrils to soften crusts.
11. Since the surgery is changing airflow in the nose, your sense of smell may be altered. It is usually an improvement. However, some may have a permanent decreased sense of smell. It is impossible to predict if a permanent decreased sense of smell will occur.
12. There is a small chance of developing a hole in the nasal septum with the surgery. This may lead to problems with nasal crusting. Additional surgery may be needed to resolve the hole.
13. The upper midline teeth may be numb for several weeks.
14. Postoperative appointments will require some cleaning/suctioning in the nose.

I, \_\_\_\_\_, confirm that I have read and understand the information provided before the date of surgery.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date