



Mark T. Brown, MD, FACS
Lindsay E. Young, MD
Paige Peterson, AuD PhD
Barry Casteneda, PA-C

Postoperative Instructions: Septum and Turbinate Surgery

1. It is common to be very congested and not be able to breathe through your nose until the splints are removed. You will not be able to blow your nose effectively. Nasal saline spray is helpful and can be used as needed.
2. Please apply a generous amount of over the counter antibiotic ointment (i.e. Neosporin®, Triple Antibiotic or Bacitracin) to both nostrils twice daily.
3. Pain medicine is prescribed which you may need for up to a week.
4. To help prevent bleeding, avoid the use of aspirin, Motrin®, Advil®, ibuprofen, or any pain medicine except what are prescribed OR plain Tylenol®/acetaminophen.
5. Postoperative heavy bleeding is avoided by limiting heavy physical activity until the splints are removed from your nose 10-14 days after the surgery. There is gauze taped under your nose as you leave the hospital. You may expect to need this under you nose for several days for minor oozing.
6. Call the office if there is bleeding as this is the main, though rare, complication.
7. Please call Great Hills ENT (512-258-2300) during business hours if there are any questions or concerns. After hours, please contact the Medical Exchange (512-458-1121) and ask for the ENT doctor on call covering Dr. Brown or Dr. Young.
8. Schedule a follow up for 10 - 14 days postoperatively.

Surgery Center: _____
(Please take your surgery center brochure with you the day of surgery.)

Note: No Pre-op labs needed unless ordered at appointment.