



ADVANCED SINUS  
AND  
ALLERGY CENTER

1030 W. Higgins #325  
Park Ridge, IL 60068

**Post-Operative Instructions after Septoplasty, Inferior Turbinate Reduction and Tonsillectomy**

**Diet:**

It is important that you drink plenty of fluids to prevent dehydration and to help soothe the throat pain

No crunchy foods like chips or pizza, no acidic foods or very hot liquids allowed for 2 weeks

No straws

Liquid diet only for the first 3 days: fruit juice, milkshakes, ice cream, popsicles, pudding, Carnation breakfast drink, Gatorade, Gingerale and Pedialyte

Soft diet only from day 4 to 14: mashed fruits, oatmeal, soft cooked pasta noodles, scrambled eggs, mashed potatoes, jello, and anything from the list above

**Pain:**

It is common to have a sore throat, ear pain, nose pain and pain while opening your jaw after this surgery. This will get better every day.

Take your pain medication (Hycet) every 4 hours while awake for the first 3 days.

After 3 days you may alternate Hycet and Tylenol liquid (which you can buy over the counter) but DO NOT take both together because they can cause liver toxicity since they both contain Acetaminophen

Do not take more than 4 grams of Tylenol (Acetaminophen) per 24 hours

Do not drive while taking Hycet because it is a narcotic medication

Take milk of magnesia daily while you are taking Hycet to prevent constipation

DO NOT TAKE any Aspirin or Aspirin-containing products like Motrin, Ibuprofen, Nuprin, Aleve, Celebrex, Naproxyn, Excedrin, Advil or Peptobismol for 2 weeks after surgery

Migraine medications should be used only after discussion with your physician and should not be taken at the same time as your narcotic pain medication

**Nasal Care:**



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Change the mustache dressing as needed. The drainage from your nose will slow down and will stop after 24-48 hours

Clean the front of the nose with a Qtip dipped in hydrogen peroxide three times per day and apply Mupirocin ointment to the front of the nose with a clean Qtip after cleansing

Do not pull at the splints or the blue suture inside your nose

Use a humidifier or vaporizer in your room during the night to prevent throat pain with mouth breathing

Spray 3 sprays of nasal saline (salt water spray) in each nostril every 2 hours while awake until your splints are removed in the office.

After spraying, snort back the saline and mucous and swallow it or spit it out, but do not blow your nose

After the splints are removed, start rinsing your nose with saline using a NeilMed bottle 3 times daily. You can purchase the bottle, the distilled water and the salt Neil Med packets at your local pharmacy.

This will keep the inside of the splints clean and allow you to breathe better through your nose

**If you develop bright red blood from your nose:**

1. Spray 4 sprays of Afrin (Oxymetazoline) in each side of your nose and pinch the front of the nose for 15 minutes using a nose clip AND
2. Apply an ice pack or a bag of frozen peas over the outside of the nose AND
3. Suck on ice chips
4. If the bleeding does not stop after 15 minutes, call our office. If it is after hours, follow the instructions on the phone and have the provider on call paged.

**Activities:**

No nose blowing for 2 weeks after surgery

Cough and sneeze with your mouth open for 2 weeks after surgery

No heavy lifting, bending or straining for 2 weeks after surgery

No strenuous exercise for 2 weeks after surgery

Sleep with the head of bed elevated with extra pillows or in a recliner if you prefer



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You can begin showering the day after surgery. Steam showers are recommended. Do not bend your head while showering.

## **When to call your doctor:**

Pain that does not respond to the pain medication

Temperature over 103F

Persistent cough

Coughing/spitting up blood or profuse bleeding from your nose

Nausea and vomiting

Dehydration (decrease urination or when your urine turns very dark yellow or amber)

Yellow/green drainage from the nose and foul odor in the nose

## **Other restrictions:**

You cannot travel by airplane for 2 weeks after surgery

You cannot travel outside of the Chicago area for 2 weeks after surgery

No smoking or chewing tobacco or drinking alcohol for 2 weeks after surgery

No smoking marijuana or using other illicit drugs

## **What to buy at the pharmacy**

Prescribed medications: antibiotic and Lortab or Hycet (pain medication)

Over-the-counter medications: nasal saline (Ocean Spray), Afrin (Oxymetazoline), Milk of Magnesia and Tylenol (Acetaminophen)

Other supplies: nose clip, a box of small gauze and a roll of skin tape, a Neil Med bottle, Neil Med salt packets and distilled water

## **How to get in touch with your doctor:**

1. During regular business hours, please call our office at (847) 655-7442
2. For emergencies after hours, please call the same number and follow the prompts to have the provider on call paged
3. For non-emergencies after hours, you may leave a message on the machine and we will return your call the next morning



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