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Care After Septoplasty/Turbinectomy (Migraine III)

This page contains answers to frequently asked questions regarding your care after a septoplasty/turbinectomy procedure. Please have someone available to help care for you after your surgery.

What will I see when I look into a mirror?

You may notice considerable swelling and bruising of the nose, forehead, upper eyelids, cheeks, and area beneath the eyes. The swelling and bruising may worsen on the second and third day after surgery and then slowly resolve in approximately 10-14 days. You will have internal tubes which are secured in place and will remain intact for up to 2 weeks. The only dressing you would be changing is the nasal drip pad, which is the piece of gauze under your nose for collection of nasal discharge. You may change this pad as needed. Expect bloody drainage from the nostrils for the next 2-3 days. Do not blow your nose or pick at the crust in your nose. Open your mouth to sneeze to relieve excess pressure in the nose.

When can I shower or take a bath?

You may shower/bath and wash your hair with assist 2 days after surgery, taking care not to hang your head downward, which increases pressure in your nose.

What can I do after surgery?

Avoid exertion, straining, bending, or lifting for 2 weeks after surgery. We will discuss activity restrictions and limitations at your post-op visits. We encourage walking short distances for the first few post-operative days and then progress as tolerated. Elevate your head by sleeping in a recliner or propped up in bed on several pillows for the first 3-5 days after surgery to help minimize bruising, swelling, and discomfort. A room humidifier/vaporizer will assist to keep nasal secretions more liquified to aid in draining of nasal passages. Do not wear glasses for 6 weeks after surgery. No contact sports for 2 months post-op

What medications should I use?

You will be given a narcotic pain medication to take after surgery. If you are having migraine pain, you can take your migraine medications that do not contain non-steroidal anti-inflammatories. You may Take Extra Strength Tylenol if not taking the narcotic pain medication. Three days post-op, you may take Ibuprofen 600 mg every 6-8 hours for discomfort. Do not drive while you are taking narcotic pain medication as it may cause drowsiness.

When will I have follow-up appointments after migraine surgery?

You will have a follow up appointment _____ after surgery either in person or by video. You will have your next appointment in two weeks to have the tubes inside your nose removed. Your follow up appointments will then be based on your healing process. Please note, it takes three months of healing before determining if the migraine surgery is working for you.

Can I drink alcohol?

Do not drink alcohol for 7 days after your surgery or while taking narcotic pain medication.

When will I be able to return to work?

Depending on the type of work you do, you should be able to return to your job as soon as you are comfortable. If your job does not require heavy activity, you should be able to go back in one – two weeks.

How will I know if I am having a problem?

Urgent problems after migraine III surgery do not occur frequently. Please contact the office if you experience:

- Severe pain that does not respond to medication
- Increasing pain, swelling, or redness at the surgical site
- Steady dripping of blood from the nose that completely soaks the drip pad every 15 minutes
- Fever
- Leg swelling (in one or both legs) with, or without pain
- Medication reaction – skin rash, itching, vomiting, diarrhea
- Shortness of breath, chest pain – Call 911 and let our office know

If you have any of the above problems, or other questions or concerns, please contact my office at **440-461-7999**