TOTONCHI
PLASTIC SURGERY

Care After Migraine III Surgery (Septoplasty/Turbinectomy)

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.

Appearance:

- 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 wear glasses for 6 weeks after surgery**.

Activity/Bathing/Sleeping:

- Avoid exertion, straining, bending, or lifting for 3 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.
- No contact sports for 2 months post-op
- Do not lift over 5-10 lbs for 3 weeks after surgery.
- **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.**
- If your job does not require heavy activity, you should be able to go back in 1-2 weeks.
- You may drive when you are no longer taking narcotic pain medication.
- 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.
- 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 liquefied to aid in draining of nasal passages.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- **Do not drink alcohol for seven days after your surgery or while taking narcotic pain medicines.**
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your pre-surgical email sent

Medications:

- The most discomfort you may have typically lasts the first 3-5 days.
- If you are having migraine pain, you can take your migraine medications that do not contain non-steroidal anti-inflammatories.
- We will prescribe an antibiotic, nausea medication, and pain medication for you. Follow the directions on the bottles for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home, and do not attempt to drive while you are taking prescription pain medication.
- A stool softener (Colace) is recommended after surgery.
- You may Take Extra Strength Tylenol if not taking narcotic pain medication.
- **Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.**

Post-Operative Appointments:

- You will have a follow up appointment 1 week 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.

We are always available if you have any questions, please call 440-461-7999.

Post-Operative Concerns: 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

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