



EAR, NOSE & THROAT PLASTIC SURGERY CENTER

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INFORMATION ABOUT SEPTOPLASTY AND TURBINATE SURGERY

It has been determined that your symptoms are due to an abnormality in the nose which would benefit from nasal surgery. This blockage is due to one or both of the following causes. One, twisted or crooked cartilage and bone of the nasal septum, which is the “divider” that separates the two nasal passages: two, enlargement of the turbinates, which are bony projections from the side of the nose.

The operations that are designed to help these conditions are:

1. **SEPTOPLASTY:** Deviated and obstructing areas of cartilage and/or bone of the nasal septum are partially excised and/or straightened so that there is approximately the same amount of breathing space in each nostril.
2. **SUBMUCOUS RESECTION OF THE INFERIOR TURBINATE:** A portion of the lining membrane and bone which projects from the side of the nose is removed in order to increase the breathing space. The name of the structure that is partially removed is called the inferior turbinate.

**DO NOT TAKE ANY ASPITIN, MOTRIN, ADVIL, ALEVE, OR
OTHER NON-STEROIDAL ANTI-INFLAMMATORY MEDICATION
10 DAYS BEFORE AND AFTER SURGERY.**

SEPTOPLASTY WITH AND WITHOUT TURBINATE ELECTROCAUTERY

FAILURE OF THE OPERATION: This operation is usually very successful (>80%). Occasionally, however, improvement is not satisfactory.

INFECTION: Infection may cause prolonged drainage, crusting, or poor healing of nasal tissues. This usually can be treated with antibiotics and is not serious. Poor healing, however, may be a problem.

CRUSTING AND DRAINAGE: This is a normal part of the healing process and usually get better quickly. However, it may last longer than expected.

BLEEDING: Bleeding is a major complication of surgery. It is rare, but may be serious and can require blood transfusions.

NUMB TEETH: The upper teeth may be numb after nasal surgery. This usually resolves quickly.

ANESTHESIA COMPLICATIONS: These are rare, but may be serious. You may discuss questions with anesthesiologist.

MEDICATIONS TO AVOID: Due to bleeding problems encountered during surgery, please discontinue medications that may worsen this problem two weeks before and after surgery. Please contact your primary care physician or us with any questions regarding this matter. It may be necessary for your well being to continue your regular medications as prescribed. (Medications containing acetaminophen, such as Tylenol, are acceptable.)

NeilMed Sinus Rinse Instructions

- 1. Obtain a Neilmed Sinus Rinse kit.** You can get the kit from your local pharmacy or NeilMed's website.
- 2. Wash your hands to avoid contaminating the product.**
- 3. Warm up distilled or previously boiled water until it is slightly warm.** You can warm water up on the stove or in the microwave in a clean safe container. You should warm the water for 5 seconds at a time if using a microwave.
- 4. Fill the bottle with the designated amount of water.** The correct amount of water should be 8 oz. (240 ml). Your water line should be at the dotted fill line of the bottle.
- 5. Cut the corner of a mixture packet that came with the kit.**
- 6. Pour the contents into the bottle and tighten lid.**
- 7. Place 1 finger over the tip and shake the bottle gently.** This will allow the saline mixture to dissolve into the water.
- 8. Bend forward over a sink to your comfort level.**
- 9. Put the nozzle tip snugly against one of your nostrils.**
- 10. Squeeze the bottle gently to force the liquid into your nasal passages.** You should keep your mouth open, because the mixture can drain from your mouth as well as the opposite nostril. This also reduces pressure on the ears.
- 11. Squeeze the bottle until 1/4-to-1/2 (60-to-120 ml) is used in one nostril.**
- 12. Blow your nose without pinching it completely shut.** Tilt your head to the opposite side to expel any remaining solution from your sinuses or nasal passage.
- 13. Repeat the last five steps for the other nostril, using the rest of the solution.**
- 14. Discard the tiny amount of solution left over.**
- 15. Air dry the bottle and nozzle on a clean towel or glass plate.**

POST OPERATIVE NASAL AND SINUS SURGERY INSTRUCTIONS

DIET: The diet is unlimited. One may eat whatever he/she desires postoperatively.

ACTIVITY: There are several operations that are done on the nose and sinuses. The after care is basically the same for all types of nasal surgery. Following nasal surgery heavy lifting, training, and vigorous athletic activities should not be done for a period of 10-14 days. The risk of postoperative nasal hemorrhage is greater in patients who do not avoid these activities. Most people can resume regular activities, including their job within 3-7 days.

PAIN: There is usually minimal pain associated with surgery. Plain Tylenol is usually sufficient. If for some reason pain is greater than normal, a stronger pain medication will be given. A prescription for an antibiotic may be given postoperatively to prevent infection.

HEALING:

1. The major postoperative problem to contend with the following surgery is swelling of the membranes of the nose. An individual that has nasal surgery has the feeling of a cold because of the swelling which occurs in the nose. Mucous and congestion which occur prompts patients to blow vigorously in an effort to clear the congestion. Patients are cautioned against blowing their nose as this may dislodge clots and cause hemorrhage.
2. One can expect a small amount of bleeding during the first few days following surgery. However, major bleeding and infection are rare.
3. During the healing period, there will be some thick drainage and formation of crusts in the nose. The majority of the crusts are removed on the first postoperative visit. When there is essentially no fresh blood in the mucous, cleansing of the nose is required to remove the secretions that normally form during the healing phase. This is achieved by salt water nasal washes.
4. Initially, there may be an odor from the nasal drainage and the sense of smell may be decreased. Both of these changes are temporary and disappear within a few weeks time. There will be no black eyes or facial discoloration after these operations and discomfort is minimal. Packing is placed in the nose after surgery and is removed the day after surgery.