

# SEPTOPLASTY AND/OR SINUS SURGERY



## PREPARING FOR SURGERY

- Do not eat or drink anything after midnight or 8 hours before scheduled procedure (including water, gum, hard candy, and lozenges). Limit alcohol intake and refrain from using tobacco products 24 hours prior to surgery.
- Bathe or shower the morning of surgery to minimize the chance of infection. Teeth may be brushed, but do not swallow any water.
- Notify your surgeon if you develop a sore throat or fever.
- Prepare your bedside at home with items you will want to have within reach (telephone, medications, water, etc.).
- Wear comfortable clothing and remove all jewelry.
- Arrange for transportation to and from the hospital, as you will be unable to drive.
- No Aspirin or Aspirin-like products (e.g. Ibuprofen) two weeks prior to surgery.

## What to bring to the hospital:

- Insurance cards and forms.
- List of medications you take regularly.

## Post-Operative Instructions

The post-operative experience will vary for each patient. The information below includes general guidelines to help you with a smoother recovery. Your follow up appointment in the office will be about 5-7 days following your procedure. If you do not have the appointment made, please contact our office at 208-229-2368 to schedule when you arrive home from the surgery center.

### WHAT TO EXPECT:

You can expect to have a stuffy nose for about 3-5 days after surgery.

There may be intermittent congestion for up to 2 weeks depending on a personal history of allergies or other factors.

- Sense of smell will be diminished during this time and sense of taste may also be affected.
- There may be some tenderness or numbness in your upper teeth.
- You may express old clot and discolored mucus from your nose for up to 3-4 weeks after surgery, depending on how frequently and how effectively you irrigate your nose with the saltwater spray (see further information below).
- Nasal and/or sinus debridement/cleaning is performed at post-op visits and splints will be removed if present.
- Debridement may be repeated again 1-2 weeks later. This is done to remove blood, mucus and crusts that build up in the nasal passages and/or sinuses which could lead to infection or further obstruction.

### MEDICATION:

You may take all of your routine medications as prescribed, unless told otherwise by Dr. Beasley or his PAs.

### PAIN:

- It is OK to substitute Tylenol if the prescription pain medication is too strong or causes nausea.

### ANTIBIOTICS:

Antibiotics are used in the initial post-op period to prevent infection while the sinuses are healing.

- Ensure you finish all of the antibiotic prescription, unless you notice an adverse reaction. Call the office if this occurs.
- In an effort to avoid common reactions, we recommend taking pro-biotics or yogurt with each dose of the antibiotic.

### LAXATIVES:

Constipation is a common side effect of prescription pain medications:

- It is important to stay well hydrated after surgery.
- Take a mild laxative, such as Miralax, mixed in 8 ounces of liquid. We recommend doing this every day that you are taking the prescription pain medicine.
- Avoid straining with bowel movements.

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## Post-Operative Instructions

### ACTIVITY:

- Do not blow your nose until cleared to do so.
- Sleep with an extra pillow or two, elevating your head slightly. You do not need to sleep sitting up in a chair.
- No heavy lifting (nothing more than 10 lbs) for the first week after surgery.
- No bending or stooping to lift for the first week after surgery.
- No vigorous exercise until at least one week after surgery and cleared by Dr. Beasley or his PAs.
- No airplane travel for 2 weeks following sinus surgery (airplane cabin pressure changes can cause pain and swelling within the sinuses. You may fly sooner after nasal septal surgery alone).

### DIET:

There are no diet restrictions, however:

- Alcohol consumption is not recommended.
- Tobacco use is prohibited, as nicotine decreases blood flow to the healing nasal tissues and can actually compromise wound healing. Please make sure that you have eaten something the morning of splint removal; low blood sugar may make you feel faint when the splints and/or packs are removed.

### WOUND CARE:

- Some oozing of blood and mucus is expected for 2-3 days after surgery, and the dressing may need to be changed frequently during the first 24 hours following surgery:
  - Change the moustache dressing as often as needed.
  - In case of profuse nasal bleeding, apply ice to the bridge of the nose and pinch the nose just above the tip and hold for 10 minutes.
  - If bleeding continues, contact our office or consider reporting to the Emergency Department if bleeding is severe.

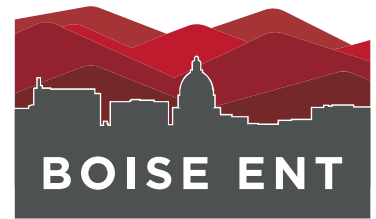
### CONTACT YOUR SURGEON RIGHT AWAY IF:

- Bleeding heavier than “streaks of blood” in the mucus.
- Internal body temperature above 101.4 ° F for greater than 24 hours.
- Worsening throat pain more than a week after surgery.

### CALL 911, OR REPORT TO THE NEAREST EMERGENCY DEPARTMENT FOR SEVERE BLEEDING OR DIFFICULTY BREATHING

Please call the office for any other postoperative concerns, questions or further instructions.

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### Recommended Irrigation Care:

Irrigation frequency (starting 1 week AFTER surgery):

- 3-5 times daily for 1 week
- 2-3 times daily for the next two weeks
- 1-2 times daily for the next one to several weeks

We recommend the kit-provided/store bought salt packets, however, here is a recipe for **homemade** solution if desired:

- 1 cup warm water
- 1/4 tsp. salt
- 1/4 tsp. baking soda

