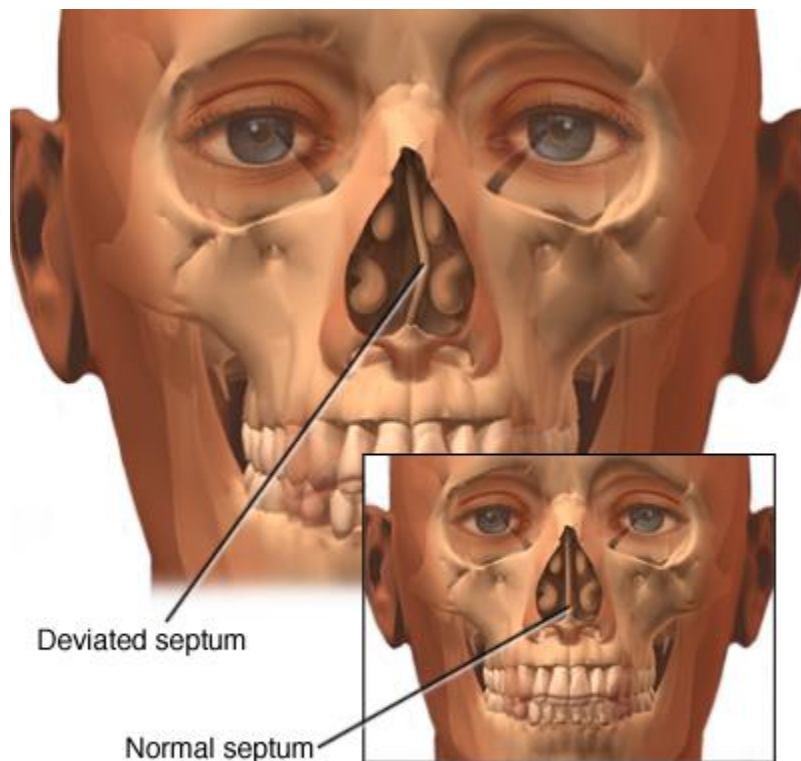


SEPTOPLASTY

Septoplasty (SEP-toe-plas-tee) is a surgical procedure to correct a deviated nasal septum — a displacement of the bone and cartilage that divides your two nostrils.

During septoplasty, your nasal septum is straightened and repositioned to the middle of your nose.



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**** 1-2 days prior to your surgery, you will be contacted by the Surgery center regarding arrival time. ****

You will also be contacted by the Registered Nurse a few days prior to your surgery regarding medications to be taken **after** your procedure. You will be prescribed Methylprednisolone (oral steroid), and Norco (pain medication.)

NASAL SEPTOPLASTY

PRE-OPERATIVE INSTRUCTIONS

DIET

It is very important for the safety of surgery, to have an empty stomach at the time anesthesia is administered. Please follow the instructions given to you during your pre-operative phone call. A good general rule of thumb is to eat or drink nothing after 10 pm on the night before surgery.

INFANTS TO AGE 6

- May have formula if completed 6 hours prior to arrival time
- May have breast milk if completed 4 hours prior to arrival time
- May have clear liquids (water, pedialyte, clear apple juice) if completed 2 hours prior to arrival time

MEDICATIONS

Since aspirin and aspirin containing products can cause increased bleeding in some people, it is important to avoid these medications 2 weeks prior to surgery, unless otherwise advised by your physician.

AVOID THESE MEDICATIONS BEFORE SURGERY

- Alka-Seltzer, Anacin, Ascpitin, BC, Bufferin, Cheracol Capsules, Cope, Coricidin, Darvon Compound, Firoinal, Dristan, Empirin, Excedrin, Midol, Sine-Aid, Sine-Off, Percodan, Naprosyn, Motrin, Clinoril, Stendin, Tramancin, Vanquish and many others
- If you are in doubt about a medication, please call our office.
- You will be advised on other meds to stop when you receive your pre-operative nurse call from Beaumont about 2 weeks before surgery.
- It is very important that you provide information about **ALL** medications you take, including vitamins, herbal supplements, diet pills and over the counter medications.

POST-OPERATIVE INSTRUCTIONS

DIET

- Your doctor may suggest liquids for the first 24 hours after surgery. Please follow their guidelines.

MEDICATIONS

1. You may be prescribed Methylprednisolone (steroid) and pain medication. Please take as prescribed by your physician.
2. You can use Saline nasal spray (Simply Saline or Ocean Spray) to keep the nose clean.
3. **NO ASPIRIN** products should be taken until advised by your physician.

NOSE CARE AFTER SURGERY

- You should keep your **HEAD ELEVATED** as much as possible, even while sleeping, until otherwise advised at your first post-operative visit.
- During surgery, 2 splints are placed in your nose to keep the septum straight while healing. Stitches will be on the left side, holding the splints in place. You may use saline nasal spray to keep the splints clean. The stitch and splints will be removed at your 1st postoperative visit and you should feel less stuffy after this.
- After the splints are removed, medicated nasal sprays (such as Afrin, Flonase, Nasacort) and antihistamines (such as Claritin, Allegra and Zyrtec) **must be discontinued for 30 days** to allow proper healing of the septum.

NORMAL FINDINGS AFTER SURGERY

- A nasal pad will be placed under your nose during surgery. There may be a few drops of blood. The pad can be removed when you arrive home.
- You may feel general fatigue for a few days due to the anesthesia, and you may feel sensitive in the nasal area up to 4-6 weeks.
- You will experience nasal congestion with some clear, watery discharge.
- You CAN blow your nose. When you do, you may feel a fluttering feeling in your nose.
- You may experience headaches for the first few days but they should diminish.
- Your vision may seem slightly fuzzy, or you may feel a slight film on your eyes.

LIMITATIONS AFTER SURGERY

- You should avoid bending over and strenuous activity for about 10 days to allow sufficient healing of nasal tissues.
- Usually, patients are able to return to work when feeling better, in about 5-7 days, unless your work involves heavy manual labor
- **YOU NEED TO FOLLOW UP IN THE OFFICE 5-7 DAYS AFTER SURGERY. THE PHYSICIAN WILL INFORM YOU OF UPDATED ACTIVITY GUIDELINES.**

COMPLICATIONS AFTER SURGERY

- Please call the office if you have profuse clear nasal drainage, a fever, vision changes such as double vision, or excessive nosebleed. With nosebleed, sit up and apply an ice pack to the nose.

IF YOU HAVE ANY FURTHER QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE.

586-799-1212