ALASKA FACIAL PLASTIC SURGERY & ENT
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SEPTOPLASTY AND BILATERAL INFERIOR TURBINATE REDUCTION

BEFORE SURGERY:

- Discontinue all Aspirin and Non-steroidal Anti-Inflammatory (NSAIDs) such as Motrin, Advil, and Aleve for 10 days prior to surgery. Over the counter herbal supplements and vitamins should be discontinued 7-10 days before surgery. Aspirin, NSAIDs, herbal supplements and vitamins may cause excess surgical bleeding.

- If you are on any medications that affect bleeding (Coumadin/Plavix/Eliquis/Xarelto/Lovenox/ Pradaxa) please notify the office immediately.

- Tylenol (Acetaminophen) is the only non-prescription analgesic, which may be used before surgery.

- If you take Phentermine, you must not take it for 7 days prior to your surgery. Phentermine can interfere with anesthesia.

- Have 2-4 bottles of nasal saline spray and 1 bottle of Afrin at home before surgery. DO NOT use any "gel" or "no-drip" formulas.

- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or "the patch". Nicotine interferes with healthy circulation, can delay healing, and can result in scarring. It also places you at higher risk of complication when receiving anesthesia.

AFTER SURGERY:

- Bleeding: It is normal to experience mild to moderate bleeding during the first 1-2 nights after surgery. You may need to change the gauze pad under your nose frequently. If steady nose bleeding occurs, tilt your head back slightly and breathe gently through the nose. Dab your nose gently with a tissue, but do not blow your nose. If this does not stop the bleeding, Afrin should be used. You may use several sprays in each nostril and keep your head back for 20 minutes. Repeat every 5 minutes for 1 hour. If steady heavy bleeding persists, please call our office.

- Pain: You should expect some nasal and sinus pressure and pain for the first several days after surgery. This may feel like a deep, bruised feeling around the facial area, a stiff upper lip, and numbness at the tip of the nose. This will eventually subside. Try to minimize any unnecessary movement or manipulation of the nose. Use Tylenol or intermittent Ibuprofen for light discomfort and reserve prescription pain medication for moderate to severe pain. You may place crushed ice over the bridge of the nose and beneath the eyes (20 minutes on and 20 minutes off) for the first 48-72 hours.

- **Fatigue:** You can expect to feel very tired for the first week after surgery. This is normal and most patients plan on taking at least 1 week from work to allow time to recover. Rest quietly in bed or a reclining chair with your head elevated (above the level of your heart) for the first 48-72 hours. Unnecessary activity will encourage swelling and discomfort.

- **Nasal congestion and discharge**: You will have nasal congestion and discharge for the first few weeks after surgery. The day after surgery, spray each nostril 3-4 times with nasal saline. This is extremely important to keep the nasal passageways clean and moist. It will also promote healing and provide comfort. Moisture and clearance of clots is critical to the proper healing of your nasal cavity. Your nasal passage and breathing should return to normal 2-3 weeks after surgery.

- **Splints:** You will have internal nasal splints that will remain in place until your postoperative visit. You will not be breathing freely through your nose until these are removed. It is normal to have a headache, fullness feeling in your ears, and sinus pressure, particularly until the splints are removed.

- **Stiches**: There will be one stitch holding your internal nasal splints in place that will be removed. You also have internal nasal stitches that will absorb over time.

- **Shower:** You may shower the day after surgery.

WHAT TO AVOID AFTER SURGERY:

- Avoid straining and nose blowing for at least 10 days after surgery as this may cause bleeding. If you must sneeze, sneeze with your mouth open.

- Refrain from strenuous activity for 1 week, including bending, or lifting more than 10 lbs., light walking and routine daily activities are acceptable.

- Avoid exercise and exertion for the first 2 weeks, you will be more prone to a nosebleed. You may return to your normal routine 2-3 weeks after surgery.

- If you were taking nasal steroid sprays prior to surgery, avoid using these for at least 2 weeks after sinus surgery to allow the lining of the nose and sinuses to heal. Your doctor will tell you when it is safe to restart this medicine.

CALL OUR CLINIC IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Fever higher than 101° F
- Heavy bleeding, increasing rather than decreasing with time.
- Steady, brisk nose bleeding that does not get better after using Afrin.
- Swelling, increasing rather than decreasing.
- Persistent clear, watery nasal drainage after the first week of surgery.
- Foul drainage from the nostrils.
- Any sudden visual changes marked swelling of the eyes or blurring of vision.
- Severe headache, confusion, stiff neck diarrhea