



BEFORE SURGERY

The Day Before

Do not drink alcohol. Get a good night's sleep. Do not eat or drink anything after midnight. Arrange for transportation on the day of surgery. You will not be able to drive home. A responsible adult needs to be with you for at least 24 hours following surgery. Make sure you **know the date of your surgery**. You may need to get your blood tested before your surgery. If you do not get this done, you will not be able to have your surgery. If they have not already, **the hospital will call you** to register you for surgery.



Take **no aspirin** or aspirin products for three weeks before your surgery. If you have taken aspirin within the 10 days before the operation, **call us** and ask advice. Aspirin increases the risk of bleeding. Many cold medicines contain aspirin.

For 3 days prior to surgery, you **should not take NSAID medications** (Advil, Nuprin, Indocin, Naprosyn, Motrin, etc.) or medications that contain them. If you have questions about these medicines, ask us.

Remember to:

Arrange for transportation home and to have someone stay with you over night. **You will not be able to drive home.**

THE SURGERY

What Will Happen

You are planning to have a surgery called a **Septoplasty, Turbinate, or Sinus Surgery (nose surgery)**. If you do not understand why you are having this surgery, please ask us. After surgery, you can expect to wake up in the recovery room, where you will be watched carefully. You may begin drinking clear fluids as soon as you are awake and drinking is allowed.

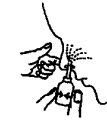
AFTER SURGERY

General Information

Try to be calm and not overdo it for the first 2 days. For 2 weeks after surgery, **do not blow your nose, try to sneeze with an open mouth and try not to use aspirin**. If you cannot take narcotic pain medicine, ibuprofen (Motrin or Advil®) or naproxen (Aleve®) can be used. **Keep your head up (elevated)** for the first few days, especially when sleeping, to help keep swelling down.

Dietary/Eating

Stay away from foods that make you open your mouth really wide. Doing this might hurt your nose. Other than that, you can eat normally.



Nasal Irrigation

This means **rinsing out your nose**. Make sure to use a saline rinse (salt water) to gently rinse out your nose **at least 3 or 4 times a day**. After nose surgery it is very important to keep your nose moist and clean so you heal better and faster.

Nausea and Vomiting

Nausea (feeling sick) and vomiting (throwing up) are common after general anesthesia (being put to sleep). This may start after you first eat or drink. **If this lasts longer than twenty-four hours, please call us** or go to the Emergency Department. Taking pain medicine with a snack and drinking plenty of liquids can help prevent nausea.



Pain Control

Pain is mild to moderate after nose surgery and it should start getting better after 3 or 4 days. **Face pain and throat pain are common after this surgery**. Pain medicine will be prescribed and should NOT be taken more often than the doctor prescribed/instructed. **If you run out of pain medicine, call us** during regular business hours. Narcotic pain medicine (like Vicodin® or Percocet®) must have a written prescription and may not be refilled outside of normal business hours. **Do not drive if taking narcotic pain medications or medications for dizziness or sleep.**

Fever



If you have a temperature higher than 101.5 degrees F by mouth, **which does not come down with Tylenol® (acetaminophen) or pain medicine, you should call us.** Deep breathing and drinking fluids can also help to bring down the fever.



Wound Care

Some bloody nasal discharge (mucus) is common after nose or sinus surgery. Your nose might look swollen on the outside, but this should go back to normal after a few days. Even though the chance of serious bleeding goes down once you leave the hospital, about 5% of people have some bleeding 14 to 20 days after surgery. If this happens, **rinse your nose with saline** (salt water) and spray oxymetazoline (Afrin® or Neo-Synephrine®) into your nose. The bleeding should slow down or stop.

If bleeding does not stop, call us during business hours to let us know that you will be coming in. After hours, calling our office will connect you with an available doctor. Otherwise, go to the closest Emergency Department (ER).

Showering/Bathing



You may take baths and showers normally starting **the day after surgery.**

MEDICATIONS

You will be prescribed pain medicine, and possibly an antibiotic. **Take pain medicine as directed** until it is no longer needed. Most pain medicine is combined with Tylenol® (acetaminophen). Do not take any more medications containing acetaminophen. Do not take tranquilizers or sleeping medication while taking the pain medicines.

If you get an antibiotic, this is to stop or keep an infection from happening. It will also help with pain. You should take the antibiotic until it is gone, **even if you feel like the infection is gone.**

CALL THE DOCTOR IF YOU HAVE:

- Bleeding that does not stop
- A temperature above 101.5°F
- Constant nausea or vomiting
- No ability to eat or drink

Thank you for choosing ENT Office.org. Please tell us if you have any questions or concerns.



ENT Office.org
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Patient Instructions

Septoplasty,
Turbinate or
Sinus Surgery
(Nose Surgery)

