

## **SEPTOPLASTY WITH OR WITHOUT TURBINATE SURGERY**

- Plan on arriving 90 minutes prior to your surgery time.
- **Adults must have nothing to eat or drink after midnight the night prior to your surgery. Infant and toddlers may take clear liquids up to 6 hours before the procedure.** Avoid taking aspirin, ibuprofen (Advil, Motrin) or products that contain these medications within 7 days of the procedure. This decreases the chance of bleeding problems during and after surgery.
- If you are having surgery at Lutheran Medical Center, you must be pre-admitted. If you have not been contacted by the hospital before the night prior to surgery, please call (303) 467-8735 to pre-admit.
- If you desire, please call the office with a pharmacy phone number so we may call in your postoperative prescriptions. Please notify the office if you have any sensitivities or side effects with a particular narcotic pain medicine.

### **PREOPERATIVE/POSTOPERATIVE INSTRUCTIONS**

- **NOTHING BY MOUTH AFTER MIDNIGHT BEFORE SURGERY. YOU MUST NOT DRIVE** yourself from the hospital after surgery.
- If you desire, please call the office with a pharmacy phone number so we may call in your postoperative prescriptions. Please notify the office if you have any sensitivities or side effects with a particular narcotic pain medicine.
- The nose may be gently blown after surgery, **UNLESS YOUR SURGEON INSTRUCTS OTHERWISE.** You may also sniff secretions back into the mouth and expectorate. Forceful blowing may cause some bleeding.
- Protect the nose as much as possible.
- **DO NOT USE ASPIRIN OR IBUPROFEN PRODUCTS TWO WEEKS BEFORE SURGERY AND FOR AT LEAST ONE WEEK AFTER SURGERY.** These decrease clotting ability, and therefore can increase the chance of bleeding. Use prescribed pain medication or Tylenol (acetaminophen) 500-1000mg every 4 hours, not exceeding 4000mg/24 hours. Remember, your prescription pain medication has acetaminophen also.
- No strenuous activity (exercise, heavy lifting) for approximately one week following surgery, since this may cause bleeding.
- Crushed ice in a rubber glove or a bag of frozen vegetables may be applied over the face for comfort.
- Elevate the head of the bed approximately 30° for one week to decrease swelling, if not too uncomfortable.
- Depending on the extent of surgery, some facial swelling or bruising can be present for up to two weeks.
- Saline nasal sprays should be used frequently after surgery to speed healing, increase comfort, and decrease chance of bleeding.
- Do not use topical nasal steroid sprays after surgery. Your doctor will advise you if and when these need to be resumed.
- Tingling or numbness in the gums, teeth or cheek may be present for weeks to months after surgery, and is not a cause for alarm.
- Call (303) 487-0834 day or night for uncontrollable bleeding, fever greater than 101.5° for six hours, increasing pain despite prescription pain medication, or visual changes.
- Should any question arise pertaining to your care or comfort, please call our office.
- Please call (303) 487-0834 to arrange your postoperative appointment for one week after surgery, unless otherwise instructed.