



## SEPTOPLASTY/SINUS SURGERY (FESS) POST OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your septoplasty surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

**You will need someone to drive you home and stay with you for the first 24 hours after surgery.**

**You CANNOT have anything to eat or drink after midnight prior to surgery.**

**The morning of surgery you must take your usual daily medications with a sip of water, unless directed otherwise.**

### BEFORE SURGERY

Eliminate aspirin products 1 week prior to your surgery. Ibuprofen (Advil, Motrin, Aleve) should be stopped 5 days before surgery.

Stop smoking at least 3 weeks before surgery.

Arrange for a ride home after the procedure.

### DURING SURGERY

Expect the procedure to last 30 to 45 minutes. Your septoplasty will be performed under general anesthesia. The obstructing nasal cartilage and bone will be repositioned or partially removed to make nasal breathing easier. The surgery is not intended to alter the outer appearance of the nose, but occasionally, subtle changes can occur.

### AFTER SURGERY

You can expect some nasal stuffiness and crusting for 3-6 weeks after surgery. Many patients are back to work or school the week following surgery. Complying with the following suggestions can help you prevent complications and feel better soon.

- Change the gauze bandage under your nose as needed. Discontinue when the drainage stops.
- Sleep with your upper body elevated to keep swelling down.
- For pain and/or discomfort use Acetaminophen 1000mg every 4 hours as needed (to a maximum of 4000mg per day) and Ibuprofen 400mg every 6 hours as needed.
- Additional pain medication will be prescribed for you. Only use this if the above medication is not enough to relieve your pain.
- Drink plenty of fluids to prevent dry mouth. A bedside humidifier may be helpful.

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To help control any bothersome nasal bleeding, an icepack can be applied over the nose and cheeks. Tilt your head forward while sitting up and breathe gently through your nose. If bleeding continues, Afrin or Otrivin nasal decongestant spray may be used sparingly every 6 to 8 hours.

### THE FIRST FEW WEEKS

If you have septal splints they will be removed one-week post operatively.

Use salt water (saline) rinses beginning 1 week after surgery to wash away any crust and surgical debris. Use the Neil Med Saline Rinse in the bottle to rinse the solution into your nose twice daily until your 8-week follow-up.

Avoid lifting (greater than 10 lbs), bending, exercise, swimming and flying for **2 weeks** following your procedure.

For several weeks, you will have some thick brown drainage from your nose. This occurs as the sinuses begin to clear themselves. This is normal. It does not indicate an infection.

### **Contact Dr. Jaggi immediately if you develop any of the following:**

- a) Severe pain, uncontrolled by your pain medication.
- b) Fever or chills.
- c) You are bleeding excessively.
- d) You have decreased or double vision, swelling of the eyes, a stiff neck, or extreme fatigue.