



****PLEASE BRING THIS PACKET WITH YOU ON THE DAY OF SURGERY****

Pre and Post Operation Instructions for Septoplasty and Turbinate Reduction

Septoplasty is a surgical procedure to straighten the bone and cartilage dividing the space between your two nostrils (septum). When the septum is crooked, it's known as a deviated septum. A deviated septum can make it harder to breathe through your nose and can increase the risk of sinus infections due to poor drainage. During septoplasty, your nasal septum is repositioned to the middle of your nose. This may require your surgeon to cut and remove parts of your nasal septum before reinserting them in the proper position. Once a septoplasty is healed, you'll likely find it's easier to breathe. Turbinate surgery, or inferior turbinate reduction, is a procedure where the inferior nasal turbinates are examined and reduced in size to provide improved nasal airflow. Surgery is typically performed through the nostrils on both sides of the nose. Please note that a septoplasty will not change the cosmetic appearance of your nose. If you have any cosmetic concerns please make us aware of these and we would be happy to discuss them.

BEFORE SURGERY:

- Minimize aspirin, Motrin, Ibuprofen, Advil, Nuprin or any other anti-inflammatory medicine for one week before and one week after surgery. Tylenol is permitted at any time.
- If you take Coumadin or other blood thinners, please discuss this with your surgeon.
- Please do not eat or drink anything after midnight the night before surgery, but you may take any prescription medicines the morning of surgery with a sip of water.
- The hospital or surgical center will call you the day before with time and instructions for surgery.
- Please make arrangements for a ride home after surgery, as you will not be able to drive.
- No smoking for three weeks before and three weeks after surgery, as smoking worsens the results of surgery, and dramatically worsens the risks of infections and complications.
- SinEcch (Arnica Montana) is a homeopathic medication shown to decrease bruising. It is recommended you start a course the night before surgery. It is available at our office for \$25, or you may buy it at a drugstore.

AFTER SURGERY:

- The first night is usually the most uncomfortable with pain, swelling, and bleeding. A moderate amount of pain after the first day is normal.
- A feeling of severe congestion and frequent headaches are also to be expected from the soft silicone splints that have been placed inside your nose. There are breathing tubes built into the splints, but these usually plug up with drainage and crusting in the first day or two.
- Use an ice pack (a frozen bag of peas or corn works well) for 15 minutes every hour while awake to your nose and eyes, for the first 3 days after surgery.
- The internal and external splints will be removed in 4-5 days, but are sometimes left in for up to 8 days if your septum and nose need extra support.
- The nose will ooze blood and mucus for the first day or two after surgery, requiring gauze under the nose.
- Your nose will be stuffy, with a lot of crusting, for around 4 weeks after surgery as your nose heals.

- Sleeping with your head elevated about 30 degrees by a stack of pillows or a reclining chair will help with the discomfort during the first week after surgery.
- The pain usually settles quickly after the splints are removed, but the nose will be tender to touch for about 6 weeks.
- The marked swelling around the eyes may last for 3-4 days after the procedure. The black eyes will improve considerably by one week, and will be almost gone by two weeks. Mild swelling of the nose usually will last 3-4 weeks, and mild swelling of the tip may last several months.
- We may ask you to tape the nose at night to decrease swelling. It is also sometimes necessary to inject steroids directly into swollen tissue to shrink it down, so that permanent scar tissue is not deposited into temporarily swollen tissue. Fullness along the sides of the nose where the bones were broken may last 9-12 months as the bones heal.
- If your nose required an incision between the two nostrils (an 'open' rhinoplasty), these sutures are usually removed around 5 days after surgery, and the scar will remain pink for several months. Make Sure if you are out in the sun to apply a zinc oxide and titanium dioxide sunscreen to this scar to prevent discoloration. It is generally not noticeable after 3-4 months, and even the pink scar is not usually seen by anyone else.
- Numbness in the nasal tip, upper lip, and even upper teeth can last several weeks or more.
- **No strenuous exercise for two weeks**, then ease back into full activity.
- **No nose blowing for two weeks after surgery.** You may sniff and use nasal saline sprays, but blowing the nose might dislodge the delicate skin flaps the first two weeks after surgery.
- **If you wear eyeglasses** please do not rest the glasses on the bridge of your nose for at least 4 weeks if the external bones were broken, as doing so may cause a deformation of the nasal bones. Foam pads may be attached to the nose pads of your glasses, or please wear contact lenses. You may want to tape the external nasal splint back on the nose for your glasses to rest on for the 1st month.
- Many people go back to work after the splints come out, generally at one week, but if the nasal bones are broken, the bruising usually lasts around two weeks. The nose will be fragile for about three weeks and tender to any bump for about six weeks.

Pain Management Post Procedure

MEDICATIONS:

- **Pain killers such as Tramadol** will be given to help control pain, and is usually stopped when the splints come out one week after surgery. Pain killers should be taken with some food to avoid nausea.
- **An antibiotic such as Keflex** will be given to help prevent infection. The antibiotic **MUST** be taken for the prescribed length of time. If you do not take the antibiotic, there is a very significant risk of infection destroying the cartilage in the nose!
- **Mupirocin antibiotic ointment** will also be given and should be gently placed just within the nostril three times a day for an entire month, using a Q-tip or a fingertip.
- Use over-the-counter **nasal saline (salt water) spray/mist every two hours while you are awake**, for an entire month. This will help keep the nostrils and splints clean while the splints are in place, and will help your nose heal after the splints come out. A humidifier in the room at night is helpful to keep the nose and mouth moist for the first month.
- **You will Use a Sinus Rinse** (we recommend NeilMed) **at least 2 times a day post procedure for 1 month.** Instructions on how to use this are attached.

RISKS

- Failure to take your antibiotic can result in an infection in your nose, destroying the remaining cartilage, causing a 'saddle' nasal deformity, a perforation in the septum, and toxic shock syndrome (which is characterized by high fevers, rashes and weakness, and may result in death).
- Smoking after surgery dramatically increases the risk of infection, deformity, and a perforation.

- Heavy bleeding from the nose is rare and usually not serious. Should it happen, remain calm, keep your head elevated, and apply ice compresses to the side of the bleeding. Place a paper towel under your nostrils to absorb the blood, but do not insert anything into the nostrils as this may cause damage to your nose. Over the counter nasal decongestant spray, such as Afrin, will slow down the bleeding. Please call if you develop continuous bleeding of bright red blood (if the drip pad is saturated every 20 minutes), or vomiting of blood.
- It is important to remember that **no rhinoplasty surgery is perfect**. There may be incomplete correction of nasal deformity, as well as asymmetry, congestion, irregularity, dryness, crusting, skin loss, a palpable or visible bump, swelling, a pink incision site, and irregular scarring (on or inside the nose). These usually improve over time, and it takes up to a full year for noses to heal. Crooked noses and crooked septums often heal slightly crooked even if they were completely straight right after the surgery.
- **Revision or 'touch-up' surgeries** are necessary after rhinoplasty about 10% of the time, and these can often be done in the clinic with local anesthetic. If a general anesthetic is necessary in the OR for a touch-up surgery, you will be responsible for the anesthesia and OR charges. It is usually best to wait at least 9-12 months after the initial surgery before a revision is performed. The goal of rhinoplasty surgery is to correct deformities in your nose. Your nose will still look like your nose, but with the specific deformities improved. There is no such thing as a perfect nose after rhinoplasty! Our goal is a nice improvement in the appearance and function of your nose.

INSURANCE COVERAGE:

As a courtesy to our patients, we will check with your insurance company to find out if this procedure is a covered benefit for you. However, you are responsible to verify these benefits and you also are responsible for any co pays, co-insurance and deductibles related to your surgery. If you do call your insurance to check your eligibility, they may ask you for the procedure codes also known as CPT codes, these can be provided to you at your request.

We contact you by telephone after checking these benefits with your insurance to schedule this procedure. Please allow us 2-4 weeks to hear back from your insurance company. If you haven't heard from us in this time please do not hesitate to reach out to us.

Please note that some procedures, including Rhinoplasty, sometimes require additional time to gain approval from your insurance company. **Depending on your insurance it may take us several weeks to obtain a guarantee of coverage before we can schedule.**

BILLING:

Please be aware that all surgical procedures consist of 3 separate bills from - the hospital, surgeon, and anesthesiologist. These are all billed through insurance. If you would like an estimate regarding your out of pocket cost after insurance coverage, we are happy to help you obtain these.

A representative from our office will contact you prior to surgery to let you know your out of pocket cost after insurance coverage for the procedure. They will be collecting this amount from you prior to surgery. If you have any questions for our billing department please contact our billing department manager Tiana at 801-533-0589 Extension 1571

Please Call our office anytime with Questions or concerns, we are always happy to help!

Derrick Gale MD

Assistants:

Maty Fish - Medical Assistant

Phone: 801-328-2522 Extension 1409

Fax: 801-533-0589

Eliana Arellano - Patient Coordinator

Call or Text: 385-226-5577

Sinus Care Instructions

We recommend the NeilMed Nasal Irrigation System:

1. Take a clean, dry 200 mL NeilMed irrigation bottle and place your salt solution (one packet) in the bottle.
2. Fill the bottle to the 200 mL dotted line with Distilled or Boiled water (if you decide to boil you water you must boil it for a minimum of 5 minutes and let it cool back to room temperature before using.) **DO NOT USE TAP WATER.**
3. Screw the cap back on the bottle with the straw securely fitted into the cap
4. Gently swirl the bottle to dissolve the salt solution.
5. Place your head over the sink and squirt half of the bottle up each nostril. If you are using the rinse post procedure you do not need to squeeze very hard, the rinse will still do its job.
6. At the end of a single rinsing session, your bottle should be empty
7. Rinse out any remaining saline with distilled water and place in a clean area to dry.

Cleaning your bottle

- Before each use make sure to sterilize your bottle, you can clean the bottle with soap and water and place in the microwave for up to 2 minutes to sterilize it or you can place it in the dishwasher on the “hot” setting to sterilize.
- If you fail to sterilize your bottle regularly a slime layer will form on the inside the will be full of bacteria. If it is not cleaned, you will be re-colonizing your nose with bacteria.
- Further instructions on how to sterilize the bottle will be included in the Neil Med sinus rinse Kit, please make sure to read all of these instructions before use.