

Septoplasty/Sinus Surgery

Nasal surgery, including septoplasty, turbinoectomy, sinus surgery or polypectomy, is a safe, effective procedure performed to treat difficulty breathing through the nose. This nasal airway obstruction may cause mouth breathing, snoring, sleep apnea, and recurrent sinus infections or frequent nose bleeds. Septoplasty is straightening of the cartilage that divides the interior nose to improve nasal airway breathing. Sinus surgery is performed for recurrent sinus infections, most commonly three or more per year, which are diagnosed by medical history, physical exam and CT scan. As with any surgery, along with the benefits of surgery, certain risks must be discussed in order to obtain an informed consent.

KNOWN RISKS AND COMPLICATIONS

- Bleeding** Some bleeding is to be expected after nasal surgery, however, abnormal postoperative bleeding or hematoma occurs in about five percent of cases. Bleeding, which most often occurs in the immediate postoperative period, can occur at any time during the first two weeks after surgery. Avoid strenuous activity and smoking as this contributes to bleeding.
- Infection** Infection is rare due to the excellent vascularity to the tissues. A prescription for preventative antibiotics is provided for use in the postoperative period.
- Tearing and Dental Pain** Due to the proximity to the surgical site it is not uncommon to have tearing down the face postoperatively. The frontal teeth will ache and the hard palate will be numb. Usually these problems are due to surgical swelling and improve spontaneously. Visual impairment or brain damage is an extremely rare complication.
- Septal Perforation** One or more holes in the septum, which can be permanent or repairable, are most uncommon risk of septal surgery. These are seen more commonly as an effect of drug abuse, smoking or in revision septal surgery.
- Nasal Obstruction** A blockage, clogging or narrowing can be permanent or reversible. This is seen with swollen membranes as is seen in nasal allergies and polyp disease. Although excision of polyps may provide immediate relief, polyposis most commonly requires long term medical management as well as surgical resection.
- Altered Sense of Smell** Almost always reversible, altered sense of smell is most common in the immediate postoperative period due to surgical swelling. If loss of smell is present prior to surgery approximately 50% of patients may anticipate improvement.
- Anesthesia** Complications from anesthesia are known to exist. These complications are quite uncommon since patients are usually young and healthy.

Procedure You will be asked to call the Westfall Surgery Center on the business day before the procedure to confirm your arrival time, which will be about an hour prior to the procedure. Rochester Ambulatory Surgery Center will call you the day before to provide an arrival time. Upon arrival at the Center you will talk with a nurse (who will start an IV), an anesthesiologist and the surgeon before the procedure. Septoplasty and/or sinus surgery takes about an hour depending on the extent of the obstruction. Recovery time takes about one half hour and you will be discharged about three to four hours from the time of admission.

PREOPERATIVE INSTRUCTIONS

Food and Drink Nothing to eat eight hours prior to the procedure. This includes all foods, candy, mints or gum, clear liquids (water) is okay until four hours prior to procedure. You may brush your teeth. Your procedure will be cancelled if you do not follow these instructions:

Medications Notify us of all routine medications and significant health history. Take medications as directed with just a sip of water the morning of surgery. If you are on any medications that affect bleeding such as Coumadin or Warfarin please notify the office immediately.

What to Avoid Please avoid any aspirin, aspirin-containing products, ibuprofen (Advil®, Aleve®, etc.) or Vitamin E for one week prior to your surgery. Avoid alternative medications such as ginseng, St. John's Wort and Ginkgo Biloba.

Do Not Bring Do not bring valuables (cash, credit cards, watches, jewelry, etc.) to the Center.

Remove Remove all make-up and nail polish before coming to the Center.

Fill Prescriptions At your preoperative appointment you will be given prescriptions for an antibiotic and pain management. These will be used following your surgery. Please fill these prescriptions before your surgery so you will have them ready for use when you return home after your surgery has been completed.

Confirm Arrival Please call Westfall Surgery Center at (585) 256-3862 before noon on the day prior to your procedure to confirm your arrival time. Rochester Ambulatory Surgery Center will call you.

POSTOPERATIVE INSTRUCTIONS

Rides Someone will need to drive you home from the Center and stay with you that evening. It is a good idea to have someone drive you to the office for packing removal the following day.

Drainage After surgery your nose will be packed with some soft nasal packing. There will be some soft plastic splints along each side of your septum (divider of the inside of the nose). The nasal packing will prevent breathing through your nose so you will have to breathe through your mouth. Drainage of red tinged mucous through your packs to the drip pad is normal. If you are completely saturating the drip pad with bright red blood every five minutes for an hour, notify our office.

Drink Please drink as much fluid as you can to help you from becoming dehydrated. Drinks at the bedside along with a humidifier (cool or warm) may help.

Discharge Criteria Following your procedure the nurses will ask/assist you to meet the discharge criteria; to drink liquids, walk with a steady gait, urinate, manage your discomfort, and to have your nasal drainage under control. The nurses will teach you how to change your drip pad under your nose, which you will need for about 24 hours. You will be asked to come to the surgeon's office the following day for pack removal. Due to swelling, you will not be able to breathe well through your nose for one week.

Sleeping Sleep with head of the bed elevated or use two to three pillows.

Activity	Sneeze with your mouth open and do not blow your nose for seven days. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb onto your lap. One to two weeks off work are recommended following septoplasty or sinus surgery.
Diet	Advance diet from liquids to soft foods to solids as tolerated.
Wound Care	You will have a gauze drip pad placed beneath your nose. Change this as needed for the first 24 hours following surgery. Following removal of the packing, the drainage will subside and the drip pad will no longer be required.
Medications	Use pain medication as directed and as needed. Start your antibiotic on the day following your procedure. Take as directed (usually one in the morning and one in the evening until gone). It is not uncommon to have a low-grade fever following surgery. An over-the-counter decongestant such as Sudafed® may be used as needed for congestion beginning the day after surgery. An over-the-counter nasal decongestant spray can be used at night to enhance breathing or to slow down bloody drainage.
Salt Water Rinse	A NeilMed® Rinse Kit is the best saline solution and can be purchased in our office. Start your salt water rinses following packing removal. Salt water rinsing is very important for your postoperative healing. The salt water moisturizes, cleanses and facilitates healing. You can make your own salt water by mixing two tablespoons of sea salt, 16-oz. lukewarm water and 1 teaspoon of baking soda in a small plant mister bottle. Place the tip of the mister gently near the opening of the nose and spray your nose. If you prefer you can purchase hypertonic saline spray in your drugstore without a prescription. Please rinse your nose with salt water five to six times per day until your splints are removed. You may then decrease your rinsing to three times per day.
Ointment	Start using the ointment two times a day (morning and evening) inside each nostril following your packing removal.
Appointments	Your packing will be removed the day following your surgery. Your splints will be removed approximately one week following surgery.
Please Remember	Nasal congestion, facial fullness, headaches and disrupted sleep are very normal postoperative symptoms and will decrease as the healing process occurs. It is not uncommon to have numbness on the roof of the mouth (palate) behind the front teeth. Therefore avoid extremely hot liquids or food in the immediate postoperative period.
Special Instructions	The sedative medication and/or general anesthesia may make you drowsy for as long as 24 hours. Therefore, <u>do not</u> : <ul style="list-style-type: none"> • Drive or operate machinery for 24 hours • Drink alcoholic beverages for 24 hours • Make major decisions, sign contracts, etc. for 24 hours
Please Call for	<ul style="list-style-type: none"> • Difficulty breathing or painful swallowing • Coughing up blood or persistent bleeding (you may notice some slight blood tinged sputum which is not uncommon) • Pain not managed by pain medication • Fever over 101°F
Questions?	If you have any questions, please do not hesitate to call on us at (585) 256-3550 and ask for our nurse. We are all here to assist you in any way we can.
Emergencies	If you have an emergency after hours or on the weekend please call our professional answering service at (585) 258-4840.