



Brennan T. Dodson, MD

PRE-OP AND POST-OPERATIVE TEACHING FOR SEPTOPLASTY WITH/WITHOUT TURBINATE SUBMUCOUS RESECTION, FUNCTIONAL ENDOSCOPIC SINUS SURGERY (FESS), OR OTHER NASAL PROCEDURES (ENDOSCOPIC DCR, SEPTORHINOPLASTY, ETC)

RESTRICTIONS BEFORE SURGERY

- ✓ Stop ALL NSAIDS (aspirin, ibuprofen, Advil, Motrin, Motrin IB, Aleve, etc), herbal supplements (like ginkgo, Echinacea, chamomile), high dose vitamin E, omega fish oil for 2 weeks BEFORE surgery. These will increase the risk of bleeding during surgery. Tylenol is ok before surgery. In most cases, NSAIDs and supplements can be started immediately after surgery.
- ✓ Continue your normal meds, including your nasal steroid (i.e., Nasonex, Flonase, Rhinocort, etc) until surgery. If you have polyps or severe sinus disease and/or asthma, you may be prescribed oral steroids the week prior to surgery.

INFORMATION ABOUT THE SURGERIES

- Septoplasty:** surgical straightening of the firm, inside wall dividing the nasal cavities.
 - ✓ Involves a small hidden incision inside one nostril. All work is done inside the septum to remove obstructing cartilage and bone. Surgical repair is closed with absorbable sutures. Involves no nasal shape changes or facial bruising/swelling
- Turbinate reduction/submucous resection:** surgical reduction to the soft tissue (submucosa) and bony turbinate tissue.
 - ✓ Involves small 5 mm incision on the inferior turbinate
 - ✓ Microdebrider is used to remove some turbinate soft tissue and bone
- Functional endoscopic sinus surgery (FESS):** surgical enlargement or opening of the natural drainage passageways of the sinuses
 - ✓ Microdebrider/micro-instruments used to open the natural sinus openings
 - ✓ Image-guidance may be used in more extensive cases to improve accuracy through computer-aided triangulation of surgical instruments using your sinus CT images
 - ✓ Involves no nasal or facial bruising/swelling
- Endoscopic DCR:** surgical opening of the tear duct and tear sac inside the nose; treats a blocked tear duct system.
 - ✓ Image-guidance often used. Microdebrider/micro-instruments used to remove bone covering the tear duct system which is opened into the nose
 - ✓ Tear duct stents (small tubes) are often left in the nose for 4-8 weeks to keep the repair open while healing
- Septorhinoplasty:** surgical procedure to improve the cosmetics and function of the nose
 - ✓ Involves septoplasty, reshaping nasal bones and/or nasal cartilage reshaping. Often involves “breaking” the nasal bones
 - ✓ Can be done with or without a small incision between the nostrils.
 - ✓ Bruising and swelling around the nose is common

GENERAL ACTIVITY

- Involves outpatient (same day) surgery: BUT if you live alone, you MUST arrange for a driver to take you to/from surgery and check on you the first night post-op.
- If you live >3 hours from the hospital, book a local hotel room in Bozeman the night following surgery.
- You cannot drive the day of surgery nor while you're taking narcotic pain medicine.
- No bending, lifting >40 lb, or vigorous activity for 7 days post-op. You can resume light workouts at 7 days after surgery.

POST-OP RECOVERY

- Most people require 1-3 days to recover and usually take 1-3 off work or school. Nasal stuffiness is common for 1-2 weeks
- Most patients take narcotic pain medicine for 1-3 days after surgery
- General fatigue for 1-2 weeks is not uncommon and is more common after more extensive sinus surgery

POST-OP CARE OF THE NOSE AND SINUSES

- Bloody/watery nasal drainage for 1-3 days is common; you will have some blood dripping from the front of your nose for 1 day or so. Use a nasal drip pad (a gauze roll placed under the nose, also known as a moustache dressing) and change this regularly.
- Use KY Jelly/Ayr Gel/Aquaphor in the nostrils at least 3x/day to keep them moist. You may use a hydrogen peroxide-soaked Q-tip to gently remove dried blood from the nostrils.
- Don't blow your nose hard or sneeze with your mouth closed for 1 week after surgery.



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Sinus rinsing with salt water (saline): Your most important step for proper nasal care following surgery

- ✓ Buy the Neil-Med Sinus Rinse™ kit (over-the-counter at any grocery store or pharmacy) before your surgery day
 - ✓ Start rinsing the evening of surgery per the kit directions
 - ✓ Rinse 4-8oz per nostril AT LEAST 3x/day (up to 10x/day is ok).
 - ✓ This cleans your nose of clots and scabs which may be painful to remove after surgery.
- Use Simply Saline™ spray (over-the-counter): use a 2-3 second spray in the nose every 1-2 hours while you're awake.
- Keep your head elevated when resting; sleep propped up with 2-3 pillow (especially the first 3 nights).
- Use a humidifier or vaporizer within 6 feet of your head at bedtime or in whatever room you'll spend most of your time.
- Septorhinoplasty patients: Ice the top of the nose over your splint for 1-2 days; a bag of frozen corn/peas works well.

BATHING

- ✓ You may bathe normally immediately after surgery. Keep your dorsal nasal splint dry if one was placed.

DIET

- ✓ Normal daily fluid requirement for adult or child in ounces= 0.5 ounces X body weight in pounds (1 cup = 8 ounces)
- ✓ In the first 5 days after surgery, drink TRIPLE the daily fluid requirement. The urine should be light yellow to colorless if fluid intake is adequate.
- ✓ Eat when you're hungry, don't force yourself to eat. Eat anything you want, but avoid hot and spicy foods which can increase nasal blood flow and possibly nasal bleeding.
- ✓ Don't drink alcohol while taking narcotic pain medicine. Resume your normal medications unless they were held to decrease your bleeding. meds
- ✓ Take a fiber supplement or stool softener for the first week after surgery & while on narcotics.

PAIN

- ✓ The most discomfort is in the first 1-3 days after surgery. You may experience headaches, nasal tip pain, or teeth sensitivity. Most patients require narcotics for 1-3 days.
- ✓ Take the pain medication as prescribed- don't take more than prescribed, it may hurt you. It will take away some, not all, of your pain.

FOLLOW-UP CARE

- Nasal packs: usually no packing is used; , if placed, these will be removed 1-3 days after surgery.
- Nasal splint(s), if placed, are removed at 7 days after surgery.
- Post-op visits: Usually at 1, 3, 6, and 12 weeks following surgery (fewer if no sinus surgery was done). Make your first appointment before your surgery. More frequent appointments may be needed for the best results after sinus surgery.
- Post-op sinus surgery appointments may require nasal scab removal. Plan on taking a pain pill 1 hour before your 1st and possibly second appointment if your nose is excessively sensitive.

WHEN TO CALL THE DOCTOR

- ✓ If you have excessive bright red nasal bleeding past 6 hours post-op.
- ✓ If you have persistent pain not relieved by the medication.
- ✓ If you have intractable nausea or vomiting more than 12 hours after surgery.
- ✓ If you have persistent fever over 101.5°F (taken via ear scan thermometer or similarly accurate device) (not oral temp).

Dr. Dodson can be reached after hours at 406-556-9798. If Dr. Dodson is not on call, the hospital operator will connect you to the on-call doctor or connect you to the emergency room. If you cannot reach anyone, call 911 or go to the Emergency Room.