



Colorado Ear, Nose & Throat Group

Septoplasty, Rhinoplasty & Sinus Surgery

Instructions

About Septoplasty, Rhinoplasty & Sinus Surgery:

Septoplasty surgery describes a procedure that improve nasal breathing. Rhinoplasty describes a procedure that changes the appearance of the nose for functional or cosmetic reasons. Sinus surgery describes a process of opening the sinuses to help treat sinus infections. These are often performed with a turbinate reduction - a procedure that creates more room for breathing.

Before your surgery:

- **If you are on blood thinners talk to your prescribing provider for instructions on when to stop before surgery and when to restart after surgery**
Avoid any medications or supplements that can thin the blood such as aspirin, ibuprofen, fish oil, and ginkgo biloba the week before surgery.
- **You may not eat or drink anything, including water after midnight on the day of surgery. However, you may take medications with a sip of water the day of surgery.**

After your surgery:

- **Expect congestion and altered smell as there will be splints and/or packing in your nose.**
You may note some crusting and congestion. Splints, and a cast if present, will be removed at the one week follow-up appointment. Smell may also be temporary altered while recovering from surgery.
- **Expect congestion, altered smell and bloody drainage.**
You will have a gauze under your nostrils after surgery that you can replace as needed – do not be surprised if you have to replace this 4 -5 times per day in the first few days. If any persistent nasal bleeding, you may use Afrin up to three times daily for three days.
- **Use your nasal rinse AT LEAST three times a day after surgery.**
The week after your surgery, rinse your nose at least three times daily to help remove blood clots, scabs and to help healing. Do not be alarmed if the rinses feel different or flow easier on one side than the other.
- **After surgery your surgeon will clean your nose to remove the rest of the crusting.**
This is done the during the first post-operative visit. This can be mildly uncomfortable. You may want to take a Tylenol or a prescription pain pill (if you are not driving) prior to the visit.
- **If any heavy or profuse bleeding, please go to the closest emergency room**
Less than 1% of patients will have persistent nasal bleeding that will require another trip to the operating room to treat. Please contact your surgeon if this occurs.