

## SEPTOPLASTY POSTOP INSTRUCTIONS

Patients will have their surgery at the Methodist Ambulatory Surgical Center-Medical Center. The surgery center is located on the second floor of the Methodist Center 4411 Medical Drive. All patients are expected to call Dr. Browne's office at 10:00 am the day prior to surgery to get the "show-up" time for the next day's surgery. Dr. Browne will also call in any necessary medications for after the surgery, so have a pharmacy number when you call so the medicines can be picked up ahead of time.

Your arrival time at the surgery center allows for the registration process to take place. Until further notice, due to the Covid 19 Pandemic family members are not allowed to wait in the facility. Exceptions are for pediatric and special needs patients. The preoperative preparation time is about an hour. The surgery will take place after the registration and admission process is complete. The surgical procedure takes about 45 minutes to an hour. The patients are observed in the recovery room for an hour to an hour and a half or until you feel ready to go home. Family will be able to stay with the patients in preoperative and observation. Recent changes involving Covid-19 only allow family members in the facility for pediatric patients and adults with special needs/disabilities.

At home you should stay in bed or a recliner. The head should be elevated and you should avoid any bending or moving around the day of surgery. Your nose will not be packed with gauze after surgery. It is common for the nose to bleed some, especially the day of surgery. The less you move, the less bleeding, the first day. The surgery center will supply you with a small amount of gauze to use as a drip pad if desired. If you experience more bleeding than you expect, you should call the office and check with Dr. Browne. In the case of such heavier than normal bleeding (the day of surgery or even later in the recovery period), try to clear your nose by blowing moderately to see if a blood clot has formed in the nose. Often, clearing this blood clot out stops the bleeding. You should apply the Afrin in the nose every hour in that case until the bleeding stops.

You can eat or drink whatever you want after surgery. On the first day, start with liquids or something light to make sure the stomach is ok. Nausea from the anesthetic, pain medications, and swallowed blood is not uncommon. So go easy in the beginning. Although it is not harmful, vomiting is not comfortable after this type of surgery. And it makes your nose bleed more.

The day after surgery activity should be limited but bed rest is not necessary. Relaxing and not doing much physical activity for two days after the surgery is beneficial in adults. Dr. Browne advises that no exercise or workouts for the first five days after surgery. Children tend to recover quicker than adults and desire to resume their normal activity level as early as the next day.

It is important for comfort and healing to do some cleaning of the nose after surgery. On the first day when you get home and are settled, use a decongestant spray such as Afrin

(any brand of Oxymetazoline) to slow and stop any bleeding. Blow the nose first then spray two sprays in each nostril. Repeat every two hours for a total of three or four times that day. If you do not experience much bleeding, you can discontinue after the first sprays. As described above if there is heavy bleeding the Afrin can be used more often. Afrin should only be used on the day of surgery. Afrin can cause congestion if used more than a few days and we are only using it to stop the bleeding on the day of the surgery. Starting the day after surgery, the nose should be cleaned once or twice a day with some type of saline solution. The cleaning will be done with a saline solution (see next paragraph). If you routinely take a nasal steroid spray (Flonase, Fluticasone, Nasonex), it can be started the on the day after surgery.

You will notice some dissolving sutures in the front of the nostril on one side. These sutures will dissolve and come out on their own in a few days. The saline rinse/spray will help them dissolve.

Saline rinsing or irrigations start on the day after surgery. Any form of homemade or over the counter prepared saline is good. If you were washing your nose with some type of saline prior to surgery you may resume that method. Dr. Browne recommends washing twice a day. If you prefer, you can wash the nose additional times for comfort. Prepared saline sprays such as Ocean, Simply Saline, etc are good. Even better are the lavage kits such as Neil Med Sinus Rinse, or AYR sinus rinse. These two kits come with pre-measured salt packets and are easy to use. Don't be too aggressive with your nose rinsing or blowing. The rinsing should be gentle. The saline is very helpful in the healing process. Do not wash the nose with plain tap water. The rinsing must contain salt.

You will be given a prescription for an antibiotic to be taken for about 5 days after surgery. You will also be given a prescription for a one week tapering course of steroids unless you are not able to take steroids (e.g. Diabetes). This helps considerably with the congestion and pressure that usually sets in on the second day. There is usually little pain after this type of surgery. Most patients get relief with Ibuprofen, Aleve, or Tylenol, if they have to take anything at all. Dr. Browne recommends starting the antibiotic and steroid on the morning after the surgery.

Prior to surgery it is recommended to stop certain blood thinning medications (such as Eliquis, Xarelto or Plavix) but they can be resumed the day after surgery. If you are on any of these Dr. Browne will specifically tell you when to resume. This should be discussed ahead of time with Dr. Browne in coordination with your physician/cardiologist. If you take Vitamin E or supplements like Ginkgo Biloba, you should stop these also until the day after surgery. All other meds (even Advil, Aleve, Tylenol) can be continued without interruption. Any blood pressure type medication should be taken the morning of surgery (if it is normally taken then). If you take insulin for diabetes, check with your endocrinologist for instructions. This is a short outpatient surgery that will not interfere with diet.

Decongestants offer some relief after surgery but a lot of the congestion is surgical swelling. Antihistamines are OK to use but they may dry the nasal secretions. As mentioned above nasal steroids can be resumed the day after surgery.

Most people return to work after 2-3 days and as stated before, exercise can be resumed in 5 days. Don't do too much the first few days. You may feel pretty good the morning after surgery, but later that day it is normal for a lot of congestion to set in. So, take it easy, the second day after the surgery is usually the worst from a wiped out feeling or malaise standpoint.

Make sure you have an appointment to see Dr. Browne ten days to two weeks after surgery. Dr. Browne usually cleans a lot out of your nose at that time and it provides significant relief.

Feel free to call office for any questions or concerns.