

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

Alexander C. Keszeli, D.O. **Alfred J. Mauriello, II, M.D.**
Michael A. Picariello, M.D. **Joseph L. Smith, II, M.D.**
Daniella D. Benson, PA-C
Nicole A. Walstein, PA-C

SEPTOPLASTY

>>PATIENT INSTRUCTIONS >>

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** your procedure. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, please contact our physicians or nurses.

PRE-OPERATIVE:

- If you experience signs or symptoms of an upper respiratory infection or other illness within five days prior to surgery, please call our Surgical Coordinator at 610-363-2532.
- For one (1) week prior to surgery, you should not take any aspirin or aspirin containing drugs, nor any ibuprofen or ibuprofen containing drugs. Examples of these include Advil (Motrin), Naprosyn (Naproxen), or Fiorinal. Also, supplements which should be avoided include Vitamin E capsules, omega 3 (fish oil), or glucosamine chondroitin. If you are required to be on any of these medications, discuss this matter directly with your ENTACC provider before stopping. If you are on Coumadin (Warfarin), Aspirin, or Plavix, please discuss with the prescribing physician about how to adjust this medication prior to your surgical procedure.
- Take only medications prescribed by your doctor(s). Use **AFRIN NASAL SPRAY** (over-the-counter) pre-operatively. Use two sprays in each nostril before leaving home on the morning of surgery. Bring the Afrin with you to the hospital. Just before going to the operating room, use two sprays of Afrin in each nostril.
- Do not eat or drink anything, including water, after midnight prior to surgery.
- The physician will provide you with prescriptions for medications to take at home following surgery. Please be prepared by filling your prescriptions prior to your surgery. Take only the medications prescribed by your physician(s).
- Call our office at 610-363-2532 if you have any questions about your procedure.

POST-OPERATIVE:

- Any pain medications prescribed by our physicians are safe to use in the post-operative period. For children, liquid acetaminophen (brand names Tempra and Tylenol) may be used with a dosage determined by the age of the child. Adults may use tablets or capsules of acetaminophen with the same brand names.
- Do not disturb the intranasal splint.
- You may use a nasal saline spray, two sprays in each nostril, every two or three hours as needed to keep the nose moist and the splint clear. These are over-the-counter preparations and go by names such as Ayr and Ocean.

- Change the dressing under the nose (if present) as needed. Use folded gauze 2x2's and ½ inch non-allergic tape. You may discontinue this dressing after one or two days.
- Avoid nose blowing. If your doctor allows, you may blow your nose gently and wipe or dab the nose with tissue as needed.
- Sleep with your head elevated on two or three pillows. Avoid sleeping on or rolling over on your face or nose.
- In the immediate post-operative period (7-10 days), supplemental humidity as supplied by a **COLD** water humidifier will help in your comfort. This is especially important during cold weather months.
- Avoid foods that require prolonged or excessive chewing for several days.
- Avoid all caffeinated products.
- Avoid extreme and strenuous activity. Obtain more rest than normal. Most patients stay out of work or school for about three to five days, possibly a week. Circumstances surrounding your employment might allow you to return sooner or require that you stay out longer.
- Brush your teeth gently with a soft toothbrush. Avoid manipulation of the upper lip during application. Men may shave as usual but should not pull down on the upper lip.
- Extremes of hot and cold may be irritating to the nose and may cause discomfort, dryness and crusting.
- Do not swim for three weeks after surgery.
- Contact lenses may be worn within two to three days after surgery.
- For patients not staying in the hospital overnight: Apply ice to the mid-face for 24 to 48 hours after surgery. (Put crushed ice in a baggie, wrap in a washcloth and apply to face).

If you have any questions concerning your comfort or care, please contact our office at 610-363-2532.