

J. David Kriet, MD, FACS

KU Facial Plastic Surgery- Dept. of Otolaryngology
3901 Rainbow Blvd. Kansas City, KS 66160 913-588-0101

Pre- and Post-Operative Instructions for Your Septal/Sinus Surgery

Please read these instructions **before** and **after** your surgery. Carefully following these guidelines will help you obtain the best possible result. Take this list with you on the day of surgery so you can begin following the instructions that day. If you have questions, do not hesitate to contact me or my office. We want you to have a pleasant and enjoyable experience.

Your surgery is scheduled on _____ at _____

Preparing Nasal Surgery

- Avoid aspirin, ibuprofen (Advil, Motrin, and other non-steroidal anti-inflammatory medications), Vitamin E, or any medications containing these compounds for two weeks before surgery.
- Refrain from smoking two weeks before and two weeks after surgery. Nicotine and tobacco smoke delays healing and can result in scarring. This is the perfect time to give up the habit.
- Avoid sun damage two weeks before surgery-wear sunscreen daily (SPF 20 or greater).
- Have your prescriptions filled prior to the day of surgery.
- Purchase saline nasal spray from a pharmacy (Brand names: Ocean, Ayr, generic is OK). A blue bulb irrigating syringe will also be used after your surgery.
- Do not eat or drink anything, including water, after midnight the night before your surgery.
- Arrange for someone to take you home from the hospital. You will not be allowed to drive or leave alone.

On the day before Surgery

You may be given an approximate time for your surgery at your clinic visit. On the day before surgery you will receive a phone call informing you of the exact time to report to the surgery center.

If your surgery is scheduled at KUMed West, you will receive a phone call from the surgery staff there. If you have not heard from them by 12 noon, you may reach them by calling 913-588-8410.

If your surgery is scheduled at KU Hospital, you will receive a call from Michelle Young, the Otolaryngology and Facial Plastic Surgery Coordinator. If you have not received a call by 12 noon, you may reach her by calling 913-588-6741.

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Day of Surgery

- Do not eat or drink anything, including water, the morning of surgery.
- Wear loose-fitting clothes that fasten in front or back. Avoid slipover clothing.
- Leave all valuables at home; do not wear jewelry.
- Do not wear any facial or eye make-up. Avoid nail polish.
- You may wear glasses but do not wear contact lens.
- If you wear dentures, keep them in.

Post-Operative Care

- Change dressing under nose (if present) until drainage stops.
- Do not blow your nose for two weeks. You may sniff back forcefully, but no nose blowing.
- You will have nasal packs that will be removed either before you leave the surgery center or the day after your surgery.
- Keep the nasal lining tissues moist with nasal saline spray; 2 puffs per nostril 4-6 times or more per day will promote healing and provide comfort.
- Irrigate your nostrils three times per day with a blue bulb syringe and saline mixture.
- Irrigating saline recipe: mix 1-1½ tsp canning or pickling salt, 1 tsp baking soda and one quart water in a jar. Pour into bowl and draw up with blue bulb syringe. Irrigate as directed. Discard any unused solution after five days.
- Keep your head elevated for the first 48 hours to minimize swelling.
- Iced gauze pads should be applied to the eyes and the cheek for the first 48 hours to minimize swelling and discoloration.
- Avoid foods requiring prolonged chewing and avoid excessive facial movements for one week.
- Brush teeth gently with a soft toothbrush only. Avoid manipulation of upper lip to keep nose at rest.
- The nasal cast will be removed after 5-7 days at your follow-up appointment. Do not disturb it. Keep it dry; if it gets wet, gently pat it dry.
- You may wash your face if you avoid the dressing.
- Avoid extreme physical activity including athletic activities and intercourse. You may resume light walking three days after surgery. Aerobic exercise, weight training, heavy lifting, and straining may be gradually resumed three weeks after surgery.
- Don't swim for one month since injuries are common during swimming.
- Absolutely avoid sun exposure, sun lamps, or tanning beds for six weeks after surgery. Heat may cause your nose to swell.
- Contact lenses may be worn the day after surgery.
- Take only medications prescribed by your doctor.
- **DON'T TAKE CHANCES! If you are concerned about anything you consider significant, call us during office hours at (913) 588-0101. After office hours or on the weekend call (913) 588-6701.**

Your follow-up visit in the office is scheduled on _____ at _____