

Bahman Guyuron, MD, FACS
Plastics and Reconstructive Surgery

440-461-7999

HOME INSTRUCTIONS FOR SEPTOPLASTY AND TURBINECTOMY

- Sleep on your back with your head elevated at approximately a 45 degree angle.
- You will have a small gauze pad under your nose, this is referred to as a drip pad, change this as needed. This may be removed once the bloody drainage has stopped after surgery which may take a few days.
- You will have a plastic tube in each nostril to keep the airway open. The office will inform you when these will be removed on your follow up appointment the day after surgery.
- Do not take any aspirin, Advil or Aleve for a period of one week following your surgery.
- If you need pain medication, do not hesitate to take this as prescribed. However, **please eat food immediately after taking the medication to minimize the chance for nausea or vomiting.**
- If you start feeling nauseous, take your nausea medicine and eat food or at least drink caffeine-containing beverages.
- **All patients are seen the day after surgery.**
- **Someone must be with you for 24 hours after surgery.**
- You may not be able to drive yourself for 5 to 7 days after surgery if you are taking pain medications, please arrange for your transportation for the post operative appointments

REMINDERS:

- Refer to the patient discharge Instructions upon discharge from the surgery center.
- Please take all of your medications on schedule
- Report any unusual heavy bleeding or discomfort unless you have been advised otherwise. Report shortness of breath, temperature above 100 degrees and redness. Pain or discomfort in your legs should be reported immediately.

EMERGENCY NUMBERS:

For emergencies after normal office hours, please call the answering service at **440-461-7999**. Leave your name, phone number and the reason for your call. If there is not a response within 10 minutes, please call the number again.

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HOME INSTRUCTIONS FOR SEPTORHINOPLASTY

- Sleep on your back with your head elevated at approximately a 45 degree angle.
- You will have a splint type dressing over your nose with tape that extends over the nostril area. Do not remove your splint.
- You will have a small gauze pad under your nose, this is referred to as a drip pad, change this as needed. This may be removed once the bloody drainage has reduced enough after surgery which may take a several days.
- You may have a plastic tube in each nostril to keep the airway open. The office will let you know when these will be removed on your follow up appointment the day after surgery.
- Do not take any aspirin, Advil or Aleve for a period of one week following your surgery.
- If you need pain medication, do not hesitate to take this as prescribed. However, **please eat food immediately after taking the medication to minimize the chance for nausea or vomiting.**
- If you start feeling nauseous, take your nausea medicine and eat food or at least drink caffeine-containing beverages.
- Do not wear glasses for a period of one month after your nasal splint has been removed.
- You may have difficulty breathing through your nose for a while, this is expected.
- Try to sneeze through you mouth for the first ten days following surgery. Do not blow your nose.
- The tip and bridge of your nose may become numb, this is expected
- No excessive sun exposure for a period of four weeks after surgery, if you have to be outdoors, a protective sunscreen lotion (SPF15 or higher) must be used
- You may experience some swelling of your nose after the splint has been removed. This will gradually decrease
- Your swelling and bruising will increase for the first 48 hours; you may then expect a gradual improvement. You may have bruising around the eyes
- All patients are seen the day after surgery.
- Someone must be with you for 24 hours after surgery.
- You may not be able to drive yourself for 5 to 7 days after surgery if you are taking pain medications, please arrange for your transportation for the post operative appointments

REMINDERS:

- Refer to the patient discharge Instructions upon discharge from the surgery center.
- Please take all of your medications on schedule
- Report any unusual heavy bleeding or discomfort unless you have been advised otherwise. Report shortness of breath, temperature above 100 degrees and redness. Pain or discomfort in your legs should be reported immediately.

EMERGENCY NUMBERS:

For emergencies after normal office hours, please call the answering service at **440-4661-7999**. Leave your name, phone number and the reason for your call. If there is not a response within 10 minutes, please call the number again.