

ENT & Audiology Center of Southlake

Michael D. Bryan, M.D.

Diplomate of the American Board of Otolaryngology

Amy K. Mettman, M.D.

Otolaryngology-Head and Neck Surgery

Septoplasty or Septorhinoplasty **Surgical Instructions**

Before Surgery:

Bleeding is sometimes a risk during and after surgery. Some prescription and over-the-counter anti-inflammatory medications can increase this risk. **DO NOT** take any anti-inflammatory medication **1 week before or 2 weeks after surgery.**

Examples of anti-inflammatories to avoid include: Ibuprofen, Motrin, Advil, Aspirin, Aleve or any medication that includes these drugs, such as Pepto Bismol. If you are taking any “blood thinners” please notify the anesthesiologist and me prior to surgery.

You **MAY** take Acetaminophen (Tylenol) for pain or fever during the period before and after surgery without affecting the risk of bleeding.

On the Day of Surgery:

THE HOSPITAL WILL INFORM YOU OF THE APPROXIMATE TIME YOUR SURGERY WILL BEGIN. YOU WILL BE GIVEN INSTRUCTIONS, INCLUDING ARRIVAL TIME AND PRE OP FASTING INSTRUCTIONS AT YOUR PREOPERATIVE HOSPITAL APPOINTMENT.

Each hospital will have specific instructions and you should adhere to them. If you are not contacted in advance, or for any reason do not receive specific instructions, use the following guidelines:

You must **stop eating** all solid foods, candy, gum and milk at least **eight (8) hours** before the scheduled surgery time.

In some cases, you may be permitted to consume clear liquids up to **six (6) hours** before scheduled surgery time; this **must** be **approved** by the **hospital** or **anesthesiologist**.

IF YOU FORGET, AND EAT/DRINK AFTER THE CUTOFF TIME, NOTIFY THE HOSPITAL ASAP, BECAUSE THIS MAY DELAY OR CANCEL THE SURGERY.

660 W. Southlake Blvd, # 100
Southlake, TX 76092



Telephone: 817-416-9731
Fax: 817-416-9751

ENT & Audiology Center of Southlake

Michael D. Bryan, M.D.

Diplomate of the American Board of Otolaryngology

Amy K. Mettman, M.D.

Otolaryngology-Head and Neck Surgery

Postoperatively

Nasal Drainage and Fever:

1. You may have bloody drainage from the nose for several days. This could possibly trickle out the nose or down the back of your throat. The volume of drainage should be small, and should lessen over the first few days. You should not have a profuse nosebleed.
2. You should have Afrin nasal spray available for postop use to help control nasal bleeding. You may gently spray Afrin into the nostrils, which causes vasoconstriction of the small vessels, and may stop the dripping. If it does not control bleeding, call my office for further guidance.
3. Your nose may feel "stopped up." Using Saline nasal spray (over the counter) will help. Use it as much as needed to help open the nose. Avoid sniffing forcefully; you may blow gently to help clean the nose.
4. Do not use medicated nasal sprays, such as Rhinocort, Nasocort, Nasonex, etc. until I clear you.
5. You may have a low-grade fever for the first 48 hours after surgery.

What should I do if I have pain?

DO NOT use a medication that contains aspirin, ibuprofen, naproxyn or any other anti-inflammatory medication. You may use a non-aspirin pain reliever such as Tylenol, or I may prescribe a stronger pain medication. Use pain meds according to the directions on the label. Do not take over-the-counter and prescription medications simultaneously because they may contain some of the same drugs. Contact your pharmacy if you need a refill on pain medication and they will fax the request to my office.

Will I have a dressing, sutures, or a splint on my nose?

****If you had a Septoplasty:**

You may have a "drip pad," (a piece of gauze secured with tape, under the nose to catch drainage). If so, the nurse will show you how to change this. You may remove it when the drainage is no longer running from the nose. You may have to resume using a drip pad if some minor drainage recurs.

You will have stents on the inside of your nose for the first 5-7 days. These will be removed on the first postop visit.

You will have a small incision line at the bottom of your nose. Clean this carefully with a Q-Tip moistened with hydrogen peroxide, as often as needed.

660 W. Southlake Blvd, # 100
Southlake, TX 76092



Telephone: 817-416-9731
Fax: 817-416-9751

ENT & Audiology Center of Southlake

Michael D. Bryan, M.D.

Diplomate of the American Board of Otolaryngology

Amy K. Mettman, M.D.

Otolaryngology-Head and Neck Surgery

****If you had a Septorhinoplasty:**

See notes under septoplasty. You will have a drip pad, stents inside your nose, and a small incision line at the bottom of your nose.

Additionally, you will have a splint on the bridge of your nose. Do NOT remove it. I will remove it at your postoperative visit. Call my office if it comes off because you may need to come in for an evaluation.

Keep this splint as dry as possible. Do not get water on your nose while the external splint is in place. You may shower or bathe, but keep your face/nose as dry as possible.

When can I begin normal activities?

1. You can begin non-strenuous activities around home or work when you feel like doing so.
2. Generally, you will see me in the office prior to being cleared to resume full activities such as lifting, sports, running, etc. You should plan to avoid such activities for a minimum of 2 weeks. Do not participate in any contact sports for approximately one month, but I must release you before resuming these activities.
3. You can, however, return to school or work prior to this follow up visit if you feel able to do so without needing to take narcotic pain relievers. Use caution with driving if you are taking narcotics.
4. A return to school/work release can be faxed to you by calling the office prior to your follow up visit if you desire.

Postoperative Appointments:

1. Schedule your first postoperative appointment for 5-7 days after surgery. I will remove the internal stents and the external splint. You will be able to breathe much better after this first appointment. I may need to see you for additional follow-up and you can schedule such appointments at that time.
2. For Septorhinoplasty patients, I will ask that you return in 6-8 months to take final postoperative photos. Your nose will be fully healed at this time.

When should I call my doctor?

1. If you have a large amount of fresh blood draining from the nose (i.e. continuous bleeding).
2. If you have a fever of 101 degrees or greater, persisting more than 48 hours after surgery.
3. **If you become confused, have severe nausea or vomiting, and/or photophobic (bright lights cause discomfort or pain).**

660 W. Southlake Blvd, # 100
Southlake, TX 76092



Telephone: 817-416-9731
Fax: 817-416-9751