



## SEPTOPLASTY AND TURBINATE REDUCTION SURGERY

Septoplasty is an operation to correct a deformity of the wall between the 2 sides of the nose. The usual purpose is to improve breathing, but it may also be required as part of the management of polyps, inflammation, tumors, atypical facial pain, or bleeding. When the nasal septum is deformed and symptoms are present, there is no medicine that will cause it to be straightened, so surgery is the best solution to this problem. Uncommon side effects that may be associated with surgery include a hole in the septum, failure to completely improve breathing, postoperative bleeding (usually straightforward to control), nasal crusting or scarring, and, very rarely, a change in the appearance.

Turbinate reduction by partial turbinate resection involves the removal of a portion of bone and sometimes the mucous membrane of an enlarged inferior turbinate. It is a safe and effective procedure to relieve nasal congestion that has not improved with treatment of other underlying nasal, sinus, and/or allergy problems. Inferior turbinate procedures are performed under local or general anesthesia, sometimes employing cautery, laser, cryotherapy, or radio frequency ablation. They may be performed in association with other nasal and or sinus procedures. Postoperative bleeding may occur. Nasal sprays and lubrications may be prescribed to relieve dryness and aid in healing. Long-term complications that may be associated with turbinate surgery include bleeding, crusting, dryness, odor, scarring, and sinusitis.

### **Before The Procedure**

- Avoid Aspirin, Ibuprofen, Aleve, or other NSAIDS for 7 days prior to the procedure. If you take prescription blood thinners, you will need written permission from your doctor to stop prior to your surgery.
- Start using your daily saline irrigation rinse (NeilMed).

### **After The Procedure**

- Use your NeilMed Rinse 3 times per day starting the day after surgery.
- You will feel very congested following surgery, and this can last several days to several weeks. Healing from nasal surgery is gradual, and it can take months for all the swelling to resolve.
- It is normal for your front teeth to feel “strange” or numb. This will return to normal.
- Nasal surgery is not usually painful. Most people only need 1-3 prescription “pain pills.” You can use Motrin and/or Tylenol for pain. Use caution with narcotic pain medication. It can cause nausea, vomiting, and constipation. Use an OTC stool softener if you use the pain medication.
- You can return to work 1 week following surgery.
- You will have follow-up appointments 4 weeks and 3 months after surgery.

**Please contact our office at 478-743-8953 if you have any questions or concerns.**