

## GUIDELINES FOR SEPTOPLASTY

### PRE-PROCEDURE

1. Prior to your surgical date, you should obtain several bottles of saline nasal spray. This can be purchased at your local pharmacy. A common example of this is Ocean Spray.
2. Avoid all medications listed on our current 'Restricted Medications' list for at least 14 days prior to your surgery. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery. If you have any questions regarding medication use, please contact our office.
3. Dr. Hilinski typically provides you with a prescription for postoperative medication (narcotic pain reliever) prior to your surgical date. If a prescription was not provided, contact our office to have one sent to your local pharmacy. This medication should be picked up **before** your scheduled date so that you have it immediately available after leaving the center.
4. You must arrange for proper and timely transportation to and from the surgery center. Typically you will need to arrive one (1) hour prior to your scheduled surgery time, but confirm this time with the staff. Your ride home must be with a responsible adult. You cannot take a cab, Uber, Lyft, or equivalent.
5. Be prepared to have a responsible adult remain with you for at least the first 24 hours after surgery to assist with your needs. If you don't have a trusted individual to stay with you, we can assist with hiring a professional caretaker in advance. But, this will be at your expense.
6. Do not apply any make-up, face creams, or moisturizers on the day of surgery. You should dress in comfortable, loose-fitting clothing – preferably a button-down shirt. Please do not bring any unnecessary valuables with you to the office.
7. Nail polish must be removed to allow for proper monitoring of your oxygen levels. Acrylic nails must be removed from at least 2 fingers (1 on each hand) to allow for proper oxygen monitoring.
8. You should remove ALL piercings from your body.
9. You must avoid eating and drinking (including water) after midnight the night before your scheduled surgery date.

### AFTER CARE

1. When you leave the center, you will have a dressing under the tip of the nose (across the upper lip). This is a drip pad intended to help capture any drainage from the nose. You may change the drip pad as needed if it becomes too saturated. Of note, a slight amount of bleeding and/or oozing is normal during the first 2-3 days. It is not unusual to have to change the drip pad several times during this period.
2. If Dr. Hilinski place white plugs in the nostril opening, you may remove these in 48 hours in most cases.
3. Starting the evening of your surgery (or after the white plugs are removed), begin spraying saline solution into each nostril five (5) times per day to rinse the inside of the nose and keep it from drying out or scabbing. You will continue this routine for at least several weeks after surgery.
4. Do NOT blow your nose - especially after the rinsing routine noted above – until cleared to do so.
5. If you sneeze, open your mouth to divert the airflow away from the inside of the nose. You should continue to do so for 3-4 weeks after the surgery.
6. Sleep with the head elevated 20-30 degrees. Use a travel pillow or place pillows on both sides of the head to avoid accidentally turning over on your nose.
7. Start with a liquid or soft diet during the first 1-3 days and transition to a normal diet thereafter.

8. Avoid any strenuous and/or vigorous activity until cleared by Dr. Hilinski.
9. Begin taking the pain medication as directed. It may take several dosages of the pain medication before you feel the full effects taking place.
10. Continue to refrain from using any medication on the 'Restricted Medications' list for at least one week after surgery.

### **QUESTIONS?**

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.