

**MASSACHUSETTS EYE AND EAR
Division of Rhinology
Eric Holbrook M.D
617-573-3209
617-523-7900**

SEPTOPLASTY/TURBINATE SURGERY PRE-OPERATIVE INFORMATION

INFORMATION ABOUT PRE OPERATIVE CARE

- Unless otherwise instructed by your primary care/cardiologist, avoid any product that contains aspirin or ibuprofen for 2 weeks before the surgery. A complete list of medications to avoid will be provided to you. These medications increase the risk of bleeding during surgery, and surgery could be cancelled if you take one of these medications.
- Do Not wear nail polish, make-up, or hair products on the day of surgery
- Do Not wear jewelry or bring valuables with you on the day of surgery
- Do Not eat anything after midnight prior to your surgery. Please see specific instructions under MEE “NPO guidelines”.
- Take your prescription medications as directed the night before your surgery and the morning of your surgery with a sip of water unless directed otherwise directed.
- You will likely receive a call from the MEE Pre-op medical unit on a day prior to surgery who will review your medical history and might provide instructions more specific to you and your medical history.

INFORMATION ABOUT THE SURGERY AND POST OPERATIVE PERIOD

- The surgery is preformed at Massachusetts Eye and Ear
- It is usually a day surgery and you are able to go home the same day. If you are not feeling well after the surgery, or if packing is used, you may be admitted to the observation unit overnight.
- The surgery is usually preformed under general anesthesia.
- The surgery time is variable but usually takes 1 hour to perform.
- A prescription for pain medication will be provided, but many people need only Tylenol for pain. Other prescriptions may also be given and decided on the day of surgery. Please continue to avoid medications that may thin the blood such as aspirin and ibuprofen until the first post-op visit unless these medications are required by your primary care/cardiologist.
- You should expect some discomfort and possibly blockage in the nose after surgery. If nasal blockage is severe and occurs suddenly, please call the office for further instruction.
- You may have some bloody drainage from the nose after surgery that should significantly decrease within 2 days after the surgery.

- You will need to begin moisturizing your nose with saline (salt water) spray starting the day after surgery at least 3 times a day. This decreases crusting and enhances healing.
- You should not do any heavy lifting or strenuous activity (such as exercising) until after your first post-op visit.
- You should not fly in a plane until after your first post-op visit.
- You may take showers and eat a normal diet.
- If soft rubber splints were used during surgery, the first post-op appointment requires removal of these splints. This is relatively simple and pain-free and will not require use of pain medication or sedation.
- Increasing pain, green to yellow drainage, and fever may be associated with an infection. Please call for further instruction if you experience these symptoms. If you experience any change in vision or active profuse bleeding or drainage, call immediately 617-573-3209 or after hours at 617-523-7900.

We hope you have had a pleasant experience at MEE and wish you a comfortable and quick recovery.

