

## EAR NOSE THROAT & AUDIOLOGY ASSOCIATES, P.A.

Aspirin and aspirin-related products should not be TAKEN 2 WEEKS BEFORE OR AFTER SURGERY because they increase the chances of bleeding.

For this reason, it is very important that you know the contents of any "over the counter preparations" prior to their use. Many headache preparations, cold remedies, and "hangover cures" contain aspirin. The chemical name of aspirin is acetylsalicylic acid.

Examples of drugs containing salicylates are as follows:

Acetidine	Bufferin	Inhiston
Alka-Seltzer	Coricidin	Liquiprin
Anacin	Darvon Compound	Midol
Anahist	Doan's Pills	Pepto-Bismol
APC	Distrin	Persistin
Aspergum	Ecotrin	Sal-Sayne
Aspirin	Empirin Compound	Stanback
B C	Excedrin	Theracin
Bromo-Quinine	4-Way Cold Tablets	Trigesic
Bromo-Seltzer	Goody Powder	

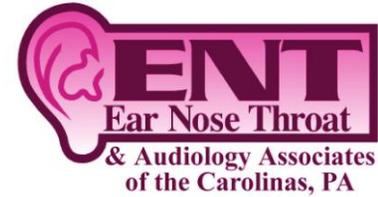
Examples of aspirin-related products are the following: (These products also should not be taken 2 weeks before or after surgery).

Advil	Naprosyn	Indocin
Alleve	Motrin	Tolectin
Nuprin	Ibuprofen	Feldene

**You can substitute TYLENOL for these pain medications, up to the day before surgery. A Rx pain med will be given to you by your physician after surgery. No FOOD OR DRINK 12 Midnight day before and day of your surgery.**

\*\*\*Check with your pharmacist if you are not sure if the medication you are taking contains aspirin. \*\*\*

**PLEASE CALL THE OFFICE 704 544-6533 / 803 328-3686  
IF YOU HAVE ANY QUESTIONS**



## Ear, Nose, Throat and Audiology Associates of the Carolinas, P.A.

### Charlotte Office

**7006 Shannon Willow Road  
Charlotte, NC 28226  
P (704) 544-6533  
F (704) 544 6583**

### Rock Hill Office

**744 Arden Lane, Suite 200  
Rock Hill S.C. 29732  
P (803) 328-3686  
F (803) 328-9889**

[www.entaac.org](http://www.entaac.org)

## POST-OPERATIVE INSTRUCTIONS

### SEPTOPLASTY

Patient's Name: \_\_\_\_\_

Location: [ ] CMC Pineville [ ] Piedmont Medical Ctr  
[ ] Presbyterian/Matthews [ ] Presbyterian/Main  
[ ] Presbyterian Surg Center [ ] Carolina Surgery Ctr  
(Ballantyne)

Surgery Date: \_\_\_\_\_

Post-op Date: \_\_\_\_\_

# POST-OPERATIVE INSTRUCTIONS

## SEPTOPLASTY

### *DIET*

You may resume your normal eating habits immediately after your surgery. There are no restrictions on your diet. If nauseous stick with clear liquids for a few hours to see if it resolves

### *ACTIVITY*

For the first two weeks after your surgery You **SHOULD NOT** do any heavy lifting, straining or vigorous activities. The risk of post-operative bleeding is greater in patients who do not avoid these types of activities. During the first 3-5 post-operative days it may be more comfortable for you to sit in an upright position and even sleep in a reclining chair. Most people can return to their normal activities, including their jobs within 7-14 days, as long as they avoid the activities mentioned above.

**DO NOT** try to blow your nose after surgery until the packing is removed. If you need to sneeze, **SNEEZE WITH YOUR MOUTH OPEN**. If you try to suppress a sneeze, the pressure may disrupt the surgery results.

### *HEALING*

We strongly suggest that you obtain a cool mist vaporizer and run this at night, as this will loosen the nasal secretions and lessen your nasal congestion. Following surgery, most of your discomfort will be secondary to congestion from swelling of the membranes of the nose. If a nasal splint is used this will be removed in the office in 3-5 days. **AS SOON AS THE SPLINT IS REMOVED, YOU MAY GENTLY BLOW YOUR NOSE**. The first few days following surgery, a small amount of bleeding may occur. You may contain this bleeding by placing small 2x2 gauze across your nostrils and taping with 1-inch tape to the cheek area. You may change this gauze as needed. After the first post-operative visit, you will be given instructions for mixing and using salt-water nose drops. **THE USE OF THESE DROPS IS VERY IMPORTANT TO YOUR HEALING PROCESS, SO PLEASE FOLLOW THE INSTRUCTIONS CAREFULLY.**

You will have stitches inside your nose. These stitches are dissolvable and do not need to be removed. Occasionally, a stitch will come loose and it will feel like a long thread. This should be cut rather than pulled out as it may affect your surgical result. On rare occasions, it may be necessary to place splints inside your nose. If this is done, they will be removed in the office following the surgery. Occasionally, the cut surface of your nose will be raw. If this is a troublesome area, apply Bacitracin ointment, which can be obtained over-the-counter, 3 or 4 times a day. You may use q-tips soaked in peroxide to remove the dried blood at the tip of your nostrils.

### *PAIN*

The post-operative pain associated with nasal surgery is usually moderate to minimal. You have been given a prescription for pain medicine that you may take as necessary. You also may take regular Tylenol, but we ask that you stay away from **aspirin** or **aspirin products** as they may cause bleeding. The pain medicine should only be taken as needed and is best taken with meals or food to prevent nausea

### *ANTIBIOTICS*

Following surgery, you will receive a prescription for an antibiotic, and it is very important that you take all of the doses as directed. This will decrease the chances of the nasal mucosal lining becoming infected after surgery.

**FOLLOWING SURGERY, YOU WILL NOT BE ABLE TO BREATHE OUT OF YOUR NOSE VERY WELL. DO NOT** become discouraged. As the healing process begins and you begin to use the salt-water nose drops, you will feel the improvement. I currently recommend using Ocean Spray or Saline 3 or 4 times a day, to moisturize your nose and speed healing. It is **EXTREMELY IMPORTANT** that you use the nose drops as your healing may be delayed if you do not. **IF YOU HAVE ANY QUESTIONS ABOUT THE DROPS OR SPRAY, please do not hesitate to call.**

**IF YOU HAVE ANY PROBLEMS/QUESTIONS PLEASE CALL**