

SAN FRANCISCO OTOLARYNGOLOGY

Providing ear, nose, and throat care since 1940

RISKS AND COMPLICATIONS FOR SEPTOPLASTY AND TURBINATE REDUCTION

All surgical procedures have risks and complications. The following risks and complications have been discussed with you and include possible:

1. Pain
2. Bleeding (approximately 1% chance of needing surgery for this)
3. Infection
4. Complete nasal obstruction from nasal packing (usually lasting 48 hours).
5. Change in appearance of nose or nasal deformity
6. Septal perforation (hole in septum) which may require surgery to repair
7. Drainage of brain spinal fluid from the nose
8. Failure to correct the nasal obstruction
9. Need for further surgery to correct nasal obstruction
10. Atrophic rhinitis or rhinitis sicca (dry and sometimes painful nose)
11. Risks of general anesthesia

Other alternatives have been discussed with you (including no surgery, medical treatment with nasal sprays, and less invasive surgery) and you have agreed to this procedure.

INSTRUCTIONS FOLLOWING SURGERY

The procedure generally lasts from one to three hours. You can expect to go home after the procedure unless other medical conditions complicate recovery.

Your nose may or may not have splints in place after the procedure. These splints are often removed 7-14 days after surgery, at your next scheduled office visit. Full recovery may take several weeks. Dry blood, mucus and crusting in the nose will occur, and may result in symptoms like a severe cold or sinus infection. It is important to begin nasal saline spray every 4 hours the day after surgery. Proper postoperative care is essential to prevent scar formation and allow normal healing.

THINGS TO DO

- Take pain medicines as prescribed, including Tylenol:

- Take antibiotics, if prescribed:
- Call San Francisco Otolaryngology at 415-362-5443 to confirm your next postoperative appointment. Your next appointment is:
- Start your nasal saline spray 2 puffs in each side every 4 hours the day after surgery
- Sneeze or cough with your mouth open
- Eat a regular diet
- Take your pain medicines before your first post-operative visit

THINGS NOT TO DO

- Any heavy activity including lifting children and exercise for 1 week
- Blow your nose or pick at your nose
- Take aspirin or aspirin containing medicines, Advil, Motrin or any other NSAIDS
- Fly without your doctor's clearance for 7-10 days after surgery

Call the ON Call Doctor Immediately if any of the following occur:

1. Change in vision
2. Increased swelling around the eyes
3. Neck stiffness or deep head pain
4. Continued Nausea or Vomiting
5. Bright red blood that lasts more than ten minutes or causes choking
6. Fever over 101 degrees