



Low Country ENT

EAR, NOSE & THROAT • HEAD & NECK SURGERY
HEARING AIDS • BALANCE TESTING

Russell Kitch, MD • Jenn Grady, MD • Jeffery Neal, MD • Julie Malka, AuD
North Charleston • West Ashley

Low Country ENT is happy you have chosen us to assist you and your family in obtaining your healthcare needs. The following packet is to help you further understand your future surgical procedure as well as the pre-operative and post-operative course. Please do not hesitate to contact us with any further questions or concerns.

You or your child has been scheduled for Septoplasty and/or Turbinate Reduction.

I will be contacting you with the day, time and location of the scheduled procedure.

Please do not hesitate to contact me at (843) 863-1188 if you have any additional questions or concerns. We look forward to continue working with you to meet your healthcare goals.

Sincerely,

*DeAnna Pittman
Surgery Coordinator*



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Before you leave today, please verify **IF** you are required to undergo a Physical Exam from your Primary Care Physician and/or Cardiologist.

If you do need to get a physical, we will need a copy of the exam and pre-operative clearance faxed to our office. Fax no.: (843) 863-8286.

You are required to get pre-physical clearance and EKG from your primary care doctor if you are over 50 years old or have any of the conditions listed below:

- High blood pressure (above 140/90), which is not controlled on your current medications
- Asthma (wheezing or shortness of breath)
- A history of cardiac illness (heart attack, heart disease, chest pain)
- Sleep apnea
- Diabetes
- Pregnancy
- Taking blood thinners (Coumadin, Plavix)
- Any other serious medical condition that requires ongoing medical care

If a physical has been performed in the last year, this is acceptable unless there have been any health issues related to your heart. We also ask that you have some basic blood work performed.

If you have any other health issues, please ask us and we will address them with you on an individual basis.

You should plan on taking your medications the day of the surgery with a small sip of water. If you use lung inhalers, use them at the same time of day you do normally and bring them with you to the surgery center.



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Description of Procedure and Pre-operative Instructions: Septoplasty and/or Turbinate Reduction

Description of the Procedure:

During the procedure, an incision is made on the inside of the nose, and is completely hidden. Any cartilage or bone that is obstructing the nasal passageway is either removed or straightened. If the turbinates are reduced, a small instrument is used to cauterize or remove excess tissue. Splints are then sutured in place to prevent scarring. They will be removed on your first post-operative visit.

Pre-operative Instructions:

1. Nothing to eat or drink after midnight the night prior to surgery. This includes water, breath mints or even chewing gum. Having food in your stomach can create a risk during surgery.
 - The anesthesiologist will call you the night prior to surgery to answer any further questions.
2. NO Aspirin or aspirin products, including ibuprofen, 1 week prior to surgery. If you take other medications, please consult your Primary Care Physician to determine if and when you should stop taking those medications prior to surgery.
3. No make-up or jewelry should be worn the day of surgery. Wear loose fitting clothing the day of surgery. Please leave all valuables at home.
4. Bring your health insurance card and insurance forms with you.
5. You will need someone to drive you home after the procedure.



Risks & Complications of Surgery: Septoplasty and/or Turbinate Reduction

1. ***Bleeding.*** There may be some bloody discharge from the nose.
2. ***Infection.*** Antibiotics may be given to help prevent post-surgical infection.
3. ***Septal Perforation.*** Rarely, after the procedure a hole may form in the wall of the septum connecting the two nasal passageways. Further procedures may be needed to fix this problem.
4. ***Scarring.*** While healing scarring may form within the nose. This can usually be remedied in the office.
5. ***CSF leak.*** Rarely, there may be leakage of the fluid surrounding the brain, which could potentially lead to meningitis. Further procedures may be needed to fix this problem.
6. ***Eye Injury.*** This a very rare complication of septoplasty and/or turbinate reduction.
7. ***Other.*** There may be a change in taste or smell, or numbness of the upper teeth due to this procedure.
8. ***Risk of Not Undergoing Surgery.*** After careful evaluation by your physician, it has been determined that surgery is your best course of action. Please note that declining this procedure may be harmful to your health.



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Post-Operative Instructions Septoplasty and/or Turbinate Reduction

1. Splints will normally be placed within the nose.
 - These will be removed in the office one week after surgery.
2. Start nasal saline spray the first day after surgery, 2-3 times a day.
3. Some blood stained discharge from the nose is expected following surgery.
 - Change the cotton dressing as needed.
 - Call the office if there is excess bleeding.
4. Nasal congestion is normal following surgery.
5. Fever is usually due to a lack of enough liquids. Encourage drinking.
 - Call the office if the temperature is greater than 101.5° or if temperature persists.
6. The prescription pain medication will help control any pain. If it does not help enough, please contact the office. **ABSOLUTELY NO ASPIRIN PRODUCTS.**
 - Pain medications can cause constipation; keep hydrated and take stool softeners as needed.
7. Start oral intake slowly with clear liquids. This is to ensure that you are not nauseated after anesthesia. Once tolerating clear liquids slowly advance to a regular diet.
8. A follow-up visit will be scheduled 1 week after surgery to remove the splints.