

## **Dr. Namdar's instructions for:**

### **Septoplasty, turbinate reduction, and/or endoscopic sinus surgery**

#### **Before Your Surgery:**

Dr. Namdar's assistant will review the preoperative instructions with you in detail. Make sure you follow instructions regarding medications, and if instructed so, obtain a medical clearance and necessary lab work from your primary care doctor.

Dr. Namdar's office will contact you a day or two before the surgery to discuss with you the exact time that you need to arrive for your surgery. You may also get a separate phone call from the hospital confirming the time and the location.

#### **Day of Surgery:**

Kindly show up at the designated time for your surgery. Most adult patients can come in by themselves, but it is mandatory for an escort for to pick you up on the way home. Pediatric patients need to come in with their parents or their legal guardian. All patients need to be on a completely empty stomach, meaning no food or liquids after midnight the day before.

Upon arrival to the hospital, please proceed to the security desk and tell them that you are having surgery. They will guide you through to the pre-operative preparation area where you will meet the nurses and the anesthesia doctors. Dr. Namdar will also meet you there to prepare you for your surgery.

#### **Surgery:**

The surgery is performed under general anesthesia. For most patients, this will take approximately 1 hour.

#### **Recovery:**

At the completion of the surgery, you will be taken to the recovery room. You will have a gauze dressing at the tip of your nose, which is there to collect any blood-tinged secretions. Visitors can meet you as soon as you are stable. Most patients will be observed in the recovery room a few hours, and you can go home once the recovery room nurses think that you are safe for discharge. All patients need to be escorted home upon discharge.

#### **Medications:**

You will be given the prescriptions as follows:

- Pain medicines to be taken as directed.
- Antibiotic as preventive measure to avoid infection.

- Please also apply nasal saline rinse to the nasal passages at least four times a day. This will wash out any excessive secretions or blood clots, so that your nose is healthier during the recovery phase.

#### Post-operative Instructions:

Please change the nasal tip dressing as necessary. In the first couple of days you may find it necessary to change it every hour or two based on the saturations with nasal secretions and/or blood. There is no absolute medical value for this dressing, and feel free to change it as often as is needed. However, if you experience excessive bleeding, please contact Dr. Namdar's office immediately for further instructions. Please also note that there is a plastic straw-shaped stent placed in the nose to facilitate your breathing after the surgery. This is sutured in place and it cannot be displaced unless it is removed by Dr. Namdar.

In the first two days try to keep the head elevated as much as possible. This reduces the excessive blood flow and pressure to the nose and it stops the bleeding faster. Ice packs in the form of frozen bag of peas from your freezer typically also reduce the bleeding.

#### Post-op Visit:

Dr. Namdar would like to see his patients undergoing the above procedure usually at one week after the surgery. Please contact the office to make an appointment for your visit.