

### **WHAT IS A SEPTOPLASTY?**

A septoplasty involves reshaping of the cartilage in the middle of your nose which divides the nostrils.

### **WHAT IS A TURBINECTOMY?**

A turbinectomy is the trimming of the fleshy parts of the inner nose. This procedure is quite often performed at the same time as the septoplasty.

Both procedures are done internally with no external incision, and are to improve breathing rather than alter the shape of the nose (Rhinoplasty).

### **WHAT HAPPENS BEFORE SURGERY?**

Certain diagnostic test may be organised prior to your surgery if indicated, such as blood tests, x-rays, ECG's. Generally speaking, patients are admitted to the hospital on the day of surgery. You will need to FAST (having nothing to eat or drink) at either 6.00am or 12.00 midnight, according to the time of your procedure.

### **HOW LONG WILL I BE IN HOSPITAL?**

You will stay overnight and be discharged home the following day around midday, as long as you are comfortable and bleeding has ceased.

### **WHAT SORT OF ANAESTHETIC WILL I HAVE?**

You will be given a general anaesthetic to put you to sleep.

Any questions you have about your anaesthetic will be answered prior to the operation by the anaesthetist.

**We advise that you do not smoke at least one week prior to surgery to help prevent complications developing from your anaesthetic.**

### **WHAT HAPPENS TO ME AFTER SURGERY?**

- You will feel drowsy for up to 4 to 6 hours after surgery and may require some oxygen to be applied until you are fully awake.
- Nursing staff will take your blood pressure, pulse and respiration rate following your return to the ward.
- It is important that you are in an upright position with the head of the bed raised to 45°. This position may be uncomfortable but it is very important to promote drainage.
- You may eat and drink once you are fully awake and alert which is usually about four hours following your return to the ward.
- In the mean time you will have an intravenous drip in your arm which will ensure you do not become dehydrated.
- You may feel some soreness as the anaesthetic wears off and may need pain relieving medication. If you have any discomfort be sure to ask the nursing and medical staff for some pain relieving medication.
- Antibiotics are prescribed following your operation. They are to be continued at home and we will provide you with antibiotics or a prescription will be given to you upon discharge.
- You may or may not have packs inside your nostrils. If you have packs, you may be slightly more uncomfortable due to the pressure and having a blocked nose.
- It is not uncommon to have a slight blood ooze from your nose after the operation. A piece of gauze will be placed below your nostrils to catch the ooze and will be changed by the nurse as needed.
- The morning after, following your operation

the doctor will remove the packs (if any) and you will be asked to rest in bed for an hour following, to minimise the risk of a blood nose. You will then be discharged home 3-4 hours later providing you have no further bleeding.

- The surgeon may insert some plastic sheets called splints into your nose at the time of surgery to help keep the septum straight. These will be removed at your outpatient appointment following discharge. This is usually only minimally uncomfortable.

### **WHAT WILL HAPPEN WHEN I GO HOME?**

- The hospital requests that upon discharge you are escorted home by a family member or friend. It is not advisable for you to drive yourself, or to take public transport home. It is recommended that you have someone care for you up to 2 days whilst at home or until you are feeling better.

#### **Activity Limitations**

- On discharge it is important to minimise your level of activity and exercise to reduce the chance of bleeding. This is advised for at least 2-3 weeks post-op.
- Avoid any heavy lifting, bending or overexerting yourself for 2 weeks.
- Avoid blowing or picking nose (only dab nose with tissue to wipe away mucus).
- Avoid sneezing through the nose (keep mouth open and allow most of the pressure to go through the mouth).
- Avoid spicy foods.
- Avoid hot food and drinks, for example, tea/coffee.
- Avoid hot showers and saunas for 3 days.
- You can expect some swelling of the nasal area,

so sleep in a semi-upright position for at least 5 days.

**Pain relief**

Take Panadol / Panadeine as directed after discharge for minimal pain. You will be given a supply of Panadeine Forte or a prescription for Panadeine Forte for severe pain if necessary.

**DO NOT TAKE ASPIRIN / DISPRIN**

**Return to work**

Usually you will require 1 to 2 weeks off work after this procedure. The doctor will advise you on a reasonable date for return to work, which sometimes depends on the type of work you do. If you require a medical certificate please ensure to obtain it prior to your discharge.

**Follow-up**

A follow-up appointment for review by the doctor will be made for you upon discharge from the ward. This will be in one week if you have splints or in two weeks if splints are in place.

**WHEN TO CONTACT YOUR LOCAL DOCTOR OR THE DEPARTMENT OF E.N.T.**

Contact or go and see your local doctor if you have:

- Increasing nose pain
- Persistent nausea and/or vomiting
- Persistent bleeding
- Offensive nasal discharge
- Fever

If nose bleed occurs sit upright, gently squeeze together soft part of nose and place a bag of frozen food (eg. peas) or a bag of ice on your forehead and the back of your neck and hold for

15 minutes. If bleeding does not stop contact your local doctor.

**In the case of an emergency you may contact the Emergency Department on Ph: 21600000.**

Please do not hesitate to contact the nursing staff in the Ward (24 hours a day) if you have any questions or concerns. Ph: 2160 0000.

**WHAT TO BRING INTO HOSPITAL**

- Make sure to remember to bring in all your x-rays and any medications you may normally take each day.
- Please ensure that all jewellery and make-up or nail polish if applicable is removed prior to your admission.
- Please bring a change of clothes, pyjamas, slippers, dressing gown and all personal toiletries you will require whilst in hospital.

**PLEASE USE THE SPACE BELOW TO WRITE DOWN ANY QUESTIONS YOU WOULD LIKE TO ASK**

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**A GUIDE FOR PATIENTS  
HAVING A  
SEPTOPLASTY/TURBINECTOMY**

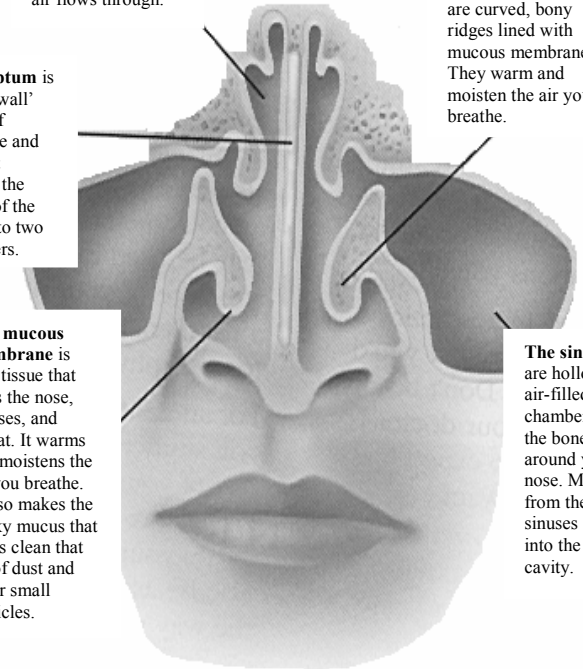
The nasal cavity is a hollow space behind the nose that air flows through.

The turbinates on each side of the nose are curved, bony ridges lined with mucous membrane. They warm and moisten the air you breathe.

The septum is a thin 'wall' made of cartilage and bone. It divides the inside of the nose into two chambers.

The mucous membrane is thin tissue that lines the nose, sinuses, and throat. It warms and moistens the air you breathe. It also makes the sticky mucus that helps clean that air of dust and other small particles.

The sinuses are hollow, air-filled chambers in the bones around your nose. Mucus from the sinuses drains into the nasal cavity.



**This pamphlet is a guide and is no substitute for a full and open discussion of the risks and benefits of the proposed procedure, these should be discussed with your doctor. The specific details of your care may vary from the matters discussed in this guide.**

**PLEASE BRING THIS PAMPHLET WITH YOU ON YOUR ADMISSION TO THE HOSPITAL**