

**EVERGREEN SINUS CENTER
Kenneth D Faw MD**

NASAL SEPTUM AND/OR TURBINATE PROCEDURES

THE SURGICAL PROCEDURE

Nasal septal or turbinate surgery is performed for patients whose symptoms may include congestion, headache and recurrent infection. The operation is performed to correct an obstruction or bone spur in the breathing passages.

In most cases, there is no noticeable change in the appearance of the nose. Also, all incisions are placed inside the nose, so that there are no visible scars resulting from the operation.

Nasal surgery can be safely and comfortably performed under general anesthesia. The operation is performed at the surgical center and most of our patients will go home the same day.

THINGS TO DO

Take pain medicines as prescribed, or Tylenol:

Take antibiotics, if prescribed:

Call the Office (425 899-3838) for your post operative appointment.

The day after sponges have been removed:

Start your nasal irrigations

Use Afrin spray three times a day for 3 days

Sneeze or cough only with your mouth open

Eat a regular diet with plenty of fluids

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 3-5 days after surgery

Call the On Call Doctor **425.899.3838** 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

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