Hill Country

Ear, Nose, and Throat

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Nasal Surgery

www.thelearningrx.info

Nasal surgery: Many advancements have been made in nasal surgery recently to improve the results, reduce the risks and improve the patient comfort and outcomes. Dr. Lano will make every effort to reduce discomfort during and after surgery. In most nasal surgery, no nasal packing will be used.

Septoplasty: Straightening the inside of the nose to allow for improved nasal breathing and better ventilation of the sinus openings.

Latera: Nasal Implant that is used to support upper and lower cartilage in the nose, reinforcing the nasal wall. This is done to improve nasal breathing.

Inferior Turbinate reduction: Reduction of the size and or position of the nasal turbinate. This is done to improve nasal breathing.

Septorhinoplasty: Straightening the inside of the nose to allow for improved nasal breathing and changing the outer appearance of the nose to further improve nasal breathing.

Nasal polyp surgery: Removal of nasal polyps (usually inflammatory swelling of soft tissues) to improve nasal breathing and improve ventilation of the sinus openings.

Middle turbinate surgery/ reduction of concha bullosa cells: Reduction in the size, position, and/or shape of the middle turbinate to improve nasal airway or improve ventilation of the sinus openings.

Care after surgery:

- You will have some fatigue after surgery so rest for 3 days.
- Expect a small amount of bleeding for 2-3 days, use the drip pad as needed.

- You can use a few puffs of Afrin if there is any bleeding
- Avoid blood thinning medications (i.e. aspirin, Motrin, ibuprofen, etc.), unless directed by Dr. Lano
- You may have antibiotics or pain medications to take.
- Keep head elevated for 1 week, use 2-3 pillows at night. Don't bend or lift.
- Don't do activities that are strenuous or dusty or dirty.
- Use nasal saline spray (ocean or ayr) in the nose 3 times daily.
- Use a bit of Neosporin ointment or Vaseline or ayr gel in the nose 3 times daily.
- You will have to follow up with Dr. Lano within 5-10 days after surgery.

Potential Risks for nasal surgery:

Septal perforation (a hole in the septum)	Change in the appearance of nose
Bleeding	Anesthetic risks
Infection	other conditions may occur

***Call Dr. Lano's office at 830-629-5830 if you have any further questions.**