



MAO FACIAL PLASTIC SURGERY

/// JOHNNY MAO, MD, FACS

Septoplasty

Septoplasty *is* one of the most common procedures performed in facial plastic Surgery. It *is* done to straighten the septum in patients who have difficulty breathing through the nose. The septum is formed from cartilage (in the front half), and bone (in the back half), which is ideally situated in the middle of your nose, and divides your nose into two nasal passages. It is very common to have a deviated septum.

Most septoplasty surgeries will take around two hours. This may be longer, depending on the complexity of the surgery, particularly if you have already had a previous septoplasty or other nasal surgeries. This procedure is done in an outpatient surgery center while you are asleep with a general anesthetic. This is the safest and the most comfortable approach for you.

Typical recovery time is one week. Although you will be feeling well within the first couple of days, you will be tender, and may have a stuffy nose for up to one week.

The following information serves as a guide for what to expect should you wish to proceed. Please try to follow these instructions as best as you can. Failure to do so may jeopardize your final result.

Before Surgery

1. Only take Extra Strength Tylenol" for aches and pains, starting at least two weeks before surgery. **It *is* very important NOT to use any aspirin, aspirin containing compounds or nonsteroidal anti-inflammatories (i.e. ibuprofen, Motrin, Advil, Aleve, Celebrex, etc.).** These all work by thinning your blood and can cause increased bleeding during surgery and increased bruising after surgery.
2. Do not take vitamin E supplements, fish oils, omega-3 supplements, or herbal supplements, such as garlic, ginkgo, or ginseng for at least three weeks prior to surgery. These supplements may also increase the likelihood of bleeding and bruising. A prepackaged multivitamin product (such as One-A-Day or Centrum) *is* fine, but do not add any of the above supplements.
3. If you are on a blood thinner like Coumadin (warfarin) you must let your surgeon know, and he/she will have you speak to your primary care doctor about managing this prior to your surgery.
4. Avoid alcoholic beverages the night before surgery.
5. You may be taking pain medicine after your surgery. Your surgeon will write both prescriptions for you, or they will be called into your pharmacy by the office. You should also purchase nasal saline spray, and ointment (Aquaphor), which you will use after your surgery.
6. You should not smoke or use nicotine substitutes for one month prior surgery. Smoking cigarettes and/or using nicotine substitutes impairs healing, may cause postoperative complications, and may affect your postoperative results.



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On the Day of Surgery

1. Wear something that is easy to get on and off, such as a button-down or zippered shirt that you do not have to pull over your head.
2. Make sure you have someone to drive you home.
3. It is strongly recommended that you have someone ne with you at home the first night after surgery.

Immediately After Surgery

1. Change the mustache dressing/gauze pad taped under your nose as needed overnight . The drainage will slow down overnight.
2. Sleep with your head elevated on at least three pillows. This will minimize swelling around your eyes and nose.
3. Placing an icepack over your eyes for the first 24 hours after surgery will minimize the swelling you may get around your eyes.

After Surgery

1. Once the nasal packing is removed, you should start to use a nasal saline spray (generic or Ocean, Ayr, etc.) three times a day. This is used to rinse out the inside of your nose and remove any old blood or mucus. You should NOT blow your nose during the first week after surgery.
2. Your surgeon may tell you to use a Q-tip with ointment to clean the inside of your nostrils. Do this if instructed.
3. Do NOT blow your nose until instructed this is okay.
4. Try to sneeze with your mouth open. Afterward, gently dab around your nose with a tissue. Any aggressive cleaning or blowing of your nose can damage your results.
5. Avoid drinking alcoholic beverages while taking your antibiotics.
6. Avoid any extreme physical activity for at least one week after surgery. This includes working out, bending over, heavy lifting or straining.
7. Keep your head elevated for at least, the first five days after surgery.
8. It is okay to wash your hair/shower the day after surgery.
9. Avoid shirts with crewnecks or turtlenecks for one week. Try to wear loose clothing with buttons or zippers that do not have to go over your head. Any inadvertent bumps could affect your final result.
10. You should not smoke or use nicotine substitutes for one month after surgery. Smoking cigarettes and/or using nicotine substitutes impairs healing, may cause postoperative complications, and may affect your results.

The Week After Surgery

1. The ability to breathe through your nose will fluctuate after surgery. Some days will be better than others, but it will continually improve as the swelling on the inside of your nose resolves.
2. Over the first and second week after surgery, the internal dissolvable stitches will start to dissolve. Do not be alarmed if, when you sneeze, small portions of *the* stitches are visible or come out.
3. You should not swim in a chlorine pool for at least two weeks after surgery, and should not swim in lake or ocean water for one to two months after surgery.

If you are taking birth control, some antibiotics may interfere with the efficiency of the pill. Talk to your surgeon if this situation applies to you.