

# EAST TEXAS SINUS AND DIZZINESS CENTER

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DISEASES OF THE EAR, NOSE, AND THROAT  
HEAD AND NECK SURGERY  
DIPLOMATE - AMERICAN BOARD OF OTOLARYNGOLOGY

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## Septoplasty Pre-Operative Instructions

The Septoplasty is a minimally invasive, very well tolerated procedure that has proven very successful for the alleviation of nasal obstruction and its associated symptoms. Before your procedure, here are a few simple instructions to help get you ready. **These instructions are very important.**

Your Septoplasty is scheduled on \_\_\_\_\_ at \_\_\_\_\_. Please arrive 30 minutes (\_\_\_\_\_) before the scheduled time. This is your numbing time, so please arrive on time. If you will be late, call the office and let us know. You will be in the office for about 1 hour.

1. Three days before your Septoplasty, begin the steroid taper as prescribed by Dr. Morton. If you are a diabetic, this may not have been prescribed for you. You will begin the taper on \_\_\_\_\_. **For the first 3 days you will take 1 pill 3x a day, then 1 pill 2x a day for 3 days, then 1 pill 1x a day for 3 days. You will complete this after your procedure.**
2. On the day of your procedure, eat a full, healthy breakfast and drink plenty of fluids. If your Balloon Sinuplasty is in the afternoon, you may eat lunch.
3. **One hour before and upon arrival at the office before signing in, give yourself 4 puffs of Afrin in each nostril. This is very important. You can get Afrin over the counter at any pharmacy; do not substitute with any other nasal spray.**
4. Take the sedative pill prescribed by Dr. Morton 2 hours before your surgery. You will take your pill at \_\_\_\_\_.
5. **Bring someone to drive you to and from the office.**
6. If you have any questions at all about the procedure, please call the office and we will be happy to answer those for you.