Sinus Relief in the Doctor’s Office

Deviated Nasal Septum Surgery
Avoiding General Anesthesia

B. Todd Schaeffer, MD, FACS
Lake Success, NY

Dr. Schaeffer has been a principal investigator for several sinus in-office national research studies.

Correction of a deviated nasal septum has been commonly associated with obtaining a “nose job;” however, most surgeries to repair a deviated nasal septum (septoplasty) are for improving one’s nasal breathing and reducing sinus infections. It is estimated about 300,000 of these procedures are performed annually in the United States under general anesthesia. Due to technology and innovation there is a new trend to have nasal septal surgery correction in the office under local anesthesia. This is not for all patients or performed by all doctors. It is for those patients who prefer to be awake and avoid general anesthesia and its inherent risks and side effects. This paradigm shift is taking place because it is safer, has quicker recovery, less side effects, saves health care dollars (eliminating anesthesia and facility fees) and could save money for patients with high deductibles.

Symptoms of Deviated Nasal Septum

- Nasal congestion
- Stuffy nose
- Unilateral obstruction
- Alternating sides of obstruction
- Nasal trauma/Fracture

Dr. Schaeffer has been an endoscopic nasal/sinus surgeon for over twenty years. His practice is focused on the diagnosis, treatment and advancement of research for nasal/sinus problems. He is an experienced surgeon in minimally invasive office based procedures and advanced skull base surgery.
Some patients are given oral sedation (Valium/Percoset) for the procedure. This takes the edge off as the procedure is just under an hour. Wearing headphones to listen to music also helps reduce anxiety for many patients. Healthy patients are always ideal for any elective nasal procedure. Patients with co-morbid conditions have difficulty obtaining clearance for elective procedures under general anesthesia since they are considered high risk. This new paradigm shift of in-office procedures can benefit those patients who are smokers or who suffer with sleep apnea, asthma, COPD, diabetes, and obesity. Previously, due to the risk of general anesthesia they were told “live with it.” Now they too can improve their quality of life.

Avoiding general anesthesia and surgery

The advantages of in-office procedures are: minimal bleeding, quicker recovery, less nausea, and less post-operative swelling and pain by avoiding general anesthesia.

Endoscopic view of nasal septal cartilage after mucosal flaps raised and partial removal of cartilage

View Dr. Schaeffer’s You Tube Channel

NOSEMD or search on Google NOSEMD

Dr. Schaeffer was the first surgeon to perform Balloon Sinuplasty™ in New York State. He was the first to perform in-office balloon sinus ostia dilation (FinESS) under local anesthesia in the northeastern United States. He performs in-office septoplasty avoiding general anesthesia. You can reach Dr. Schaeffer at (516) 775-2800 in Lake Success, NY 11042

www.SchaefferMD.com
Things to Do Before and After In-Office Nasal Surgery Under Local Anesthesia With or Without Oral Sedation

Stop Aspirin, Advil, Motrin, Aleve, Mobic and excess vitamins two weeks prior to the procedure. Discuss blood thinners such as Coumadin, Plavix, Eloquis, Pradexa and Xarelto with Dr. Schaeffer as to the timing to discontinue prior to surgery and when to restart these medications after surgery.

Obtain medical clearance if required within a week prior to the procedure as directed by Dr. Schaeffer.

If using oral sedation medications for the procedure, Dr. Schaeffer will send in a prescription to your pharmacy in advance. You will bring it to the office the day of the procedure. You must sign the consent one hour before the procedure in the office, then you may take these medications (Valium, Vicodin, Percocet) in the office under Dr. Schaeffer’s supervision. Somebody must be available to drive you home.

Diet: You may drink fluids up to the time of the procedure to be well hydrated. No heavy meals within four hours of the procedure.

Take antibiotics, nasal sprays (Afrin and saline) after the procedure and pain medications as needed.

No packing is required. Start sprays as soon as you get home.

Keep the head of bed elevated on 2 pillows. If you cough or sneeze keep your mouth open. No nose blowing for a week.

Make an appointment to be seen within 24-72 hours after the procedure. 516 775 2800

In-Office Nasal Procedures:

This trend is increasing since it is safe, effective and more convenient by avoiding general anesthesia. Photos show Dr. Schaeffer performing in-office procedures.
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