

NASAL RECONSTRUCTIVE SURGERY

POST-OP INSTRUCTIONS

IMMEDIATELY UPON ARRIVING HOME:

- HEAD ELEVATION:** Lie down with your head and back elevated with two pillows. You must sleep in this position for one to two weeks.
- ACTIVITY:** Go directly home and rest with your head elevated for 24 hours. Have someone assist you around the house. Breathing deeply several times a day for 1-2 days after surgery will clear your lungs and lower risk of post-op fever.
- ICE PACKS:** Place ice packs (ice in Ziploc baggies or packages of frozen peas) over eyes for 24 hours. DO NOT put pressure on the nose. Use the ice as follows: 30 minutes on, 30 minutes off. DO NOT leave ice on longer than 24 hours unless you are told to do so.
- SUTURE CARE:** Using Q-Tips moistened with hydrogen peroxide, (1 part hydrogen peroxide, 3 parts water), clean the sutures and nostril area gently. Apply Polysporin (Vaseline if allergic to Polysporin) to the sutures and inside the nostrils to avoid scabbing and help keep the airway open. Repeat cleaning 3-5 times per day.
- DRIP DRESSING:** A dressing of gauze was taped under your nose after surgery to absorb drainage from the nose. Replace this as it becomes soiled. You may remove it when your drainage subsides.
- SWELLING:** Ice packs will keep swelling and bruising to a minimum. Swelling and bruising around the eyes is expected and will often be more pronounced on one side. Your nose will be swollen up to 12 months after surgery. The majority of the swelling will resolve within 4-6 weeks after surgery, the remaining swelling should be gone within 12 months.
- BRUISING:** Will often last 7-14 days.
- MEDICATION:** Take all prescribed medication as directed with food or crackers. Pain medications taken on an empty stomach may cause nausea and vomiting. After the first day take medications ONLY IF NEEDED. Use saline nasal spray every 1 hour or as often as needed to keep the nasal passage moist. Use Neo-Synephrine 0.25% every 4-6 hours as needed for bleeding and/or congestion. Wean off Neo-Synephrine after one week. Remember, avoid driving or operating machinery while taking pain or sedative medications.

NASAL RECONSTRUCTIVE SURGERY POST-OP INSTRUCTIONS (continued)

DIET: Upon arriving home from surgery, begin with clear liquids until fully awake then begin regular food intake.

DAY AFTER SURGERY:

MOIST HEAT: Ice packs are discontinued 24 hours after surgery. **WAIT 8 HOURS – THEN BEGIN MOIST HEAT.** Use a moist wash cloth between an electric moist heating pad and your face. Do not use heat continuously – e.g. on for 30 minutes. The moist heat is to be used until all your bruising and swelling is gone (approximately 1-2 weeks). **Only have the heating pad on a medium setting.**

ACTIVITY: Stay in an upright position as much as possible. You may feel fatigued or dizzy so be certain to get adequate rest. These feeling usually clear up within a few days. No swimming, gym, or strenuous athletic activity is allowed for about one month; no diving or water skiing for two months; **NO CONTACT SPORTS** for four months. You may return to basic aerobic exercise after 2 weeks.

EYEGLASSES: Eyeglasses cannot rest on the nose after the splint is removed. They should be suspended from the forehead with tape for 6-8 weeks. We can show you how this is accomplished. Contact lenses may be worn two days after surgery.

COSMETICS: Make-up can be worn to cover the bruises the day the splint is removed.

HAIR CARE: You may shower and wash your hair with the soap running away from your face after 2-3 days. Be careful not to wet the bandages or splint. You may use a hairdryer. **DO NOT BEND OVER** to wash your hair for 2 weeks.

DIET: First day: Clear liquid diet is recommended. Second day: Begin a soft diet but eat regular meals. You will need your vitamins and minerals to help with healing. We will be glad to give you vitamin and mineral information.

SUN: Protect your nose from sun exposure for one month after surgery. Always use sunscreen of at least SPF 30.

WORK/SCHOOL: You may return to work or school approximately 5-7 days after surgery. Some may return earlier if no lifting or bending is required.

NASAL RECONSTRUCTIVE SURGERY POST-OP INSTRUCTIONS (continued)

PLEASE AVOID:

1. Do not bend over or lift heavy objects for 1 week. This may cause bleeding.
2. Do not hit or bump your new nose. Be careful with small children and animals.
3. Do not expose your nose to sunlight for 1 month. Use sunscreen SPF 30.
4. Do not sniff – it will aggravate the swelling and cause bleeding.
5. Do not blow your nose for 2 weeks. It will cause swelling and bleeding.
6. Do not rub your nose with Kleenex. This may cause infection, swelling, bleeding, or scar tissue inside the nose. Use drip dressing for drainage.
7. If you sneeze – try to sneeze with your mouth open to let pressure escape.
8. Avoid excessive chewing or any activity which moves the upper lip for the first week following your surgery.

PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE:

1. Excessive bleeding:
If this does occur, lie flat with head elevated about 30 degrees. Place two sprays of Neo-Synephrine nasal spray in each nostril. Directly apply ice packs with slight pressure just outside and below the outer part of your nostrils (just above the corners of your mouth). Remain quiet and relaxed for 15-30 minutes. Call our office if the bleeding does not stop with the ice.
2. Any itching, rash or reaction to tapes or medication.
3. Temperature above 100.5 degrees orally.
4. Injury of any kind to the nose.