

## Daily Care

1. **Ice compresses** should be applied for 20 minutes every hour for the first 48 hours. Place wash towel in icy water, ring out excess water and place over eyes. This will help with bruising and swelling.
2. Spray your nose with **Afrin** 4 times a day for 4 days.
3. The **Saline spray** can be started right away. Use it as needed for dryness and crusting.
4. Change **mustache dressing** only as needed. Try not to change it more than twice daily.
5. You may **bathe** the next day after your nasal surgery. **Do not** soak the nasal splint. If it becomes loose please notify the office.
6. **Sleep** on your back with your head elevated about 30-40 degrees. You are encouraged to sleep this way for approximately 2-3 days to minimize bruising and swelling.
7. **Eat soft foods** for 2-3 days, i.e., (Jell-O, pudding, mashed potatoes). Chewing can cause an increase in pain and swelling.
8. **Talking** should be minimized. Excessive talking, laughing and chewing can cause increased pain and swelling.
9. **To avoid an upset stomach**, eat something before taking any medication.
10. Take the **pain medicine** prescribed as needed or Extra Strength Tylenol as needed. **Do not drink alcohol while taking the pain medication.**
11. Continue taking your **antibiotic** as prescribed until it's finished.
12. You may take the **sleeping pill** prescribed as needed.
13. You may start back on the **Vitamedica** 1 days after your surgery.
14. You can use **Chap Stick or Vaseline** for dry lips.

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## Post operative instructions for Nose Surgery.

### Introduction

The following instructions are based on experience with many nasal septal reconstruction operations. They will answer practically every question that may arise regarding the "do's" and "don'ts" after surgery. You and your family should read them several times so that you may become thoroughly familiar with them. Attempt to follow them faithfully. Those who do so generally have the smoothest postoperative course; this, also favors proper healing.

## Post operative instructions continued

### Things to expect

1. **Swelling** of the surrounding tissues may become a little greater the second day or third day after surgery.
2. **Discoloration or bruising** of the surrounding tissues is normal. The bruising may be greater on the second or third day. It usually does not last more than 1 week.
3. **Nasal blockage** is to be expected after a Rhinoplasty procedure and will gradually subside over a period of time.
4. There is usually little **pain** following nasal surgery, but any pain may become worse at night or when you become anxious or nervous. Take the pain medicine prescribed or Tylenol as needed.
5. Occasionally, **crusting** will occur around the sutures inside the nose. Do not try and remove this yourself. This is normal and will resolve.
6. You may experience some **weakness or dizziness**. This generally will clear up after a few days. **Be sure to drink plenty of fluids.**
7. You may experience some sharp **shooting pain or itching** during you healing process. This is normal and will resolve in a few weeks.
8. **You may be up and around** the house without performing any strenuous activities.
9. You may experience a period of **mild depression** after cosmetic surgery. This is related to the shock of seeing your nose swollen and discolored. Remember this is a temporary condition.
10. You should wear clothing that fastens in the front for one week. **Do not wear clothes that have to be pulled over the head.**
11. After all stitches have been removed, the scars will appear a deep pink color. With time, the pink will fade and become white, the firmness of the scar will soften, and they will become less noticeable. Each individual varies with respect to healing, but it takes approximately a year for these changes to occur and the scars to look their best.

### Things to avoid

1. **Do not drink alcohol while taking the pain medication.**
2. **No contact sports for 5 weeks after surgery.**
3. Do not **blow** your nose for 10 days. After that blow through both sides at once. Do not compress one side.
4. Avoid sneezing, If you must sneeze, sneeze with your mouth open.
5. Avoid bending over or lifting heavy objects for 1 week.
6. Avoid excessive grinning and smiling.
7. Avoid **sniffing**. This can aggravate the swelling.
8. Avoid constantly rubbing the nostrils and base of the nose with Kleenex or a handkerchief. This can aggravate the swelling.
9. Avoid hitting or bumping your nose. It is wise not to pick up small children.
10. Avoid straining on the toilet; you may take a laxative if needed. Any over the counter stool softener will do.
11. Avoid direct sun to the face for one month.
12. Avoid sexual intercourse for 2 weeks after your surgery.
13. Do not tweeze the eyebrows for one week.
14. No swimming, strenuous athletic activity or exercises for 2 weeks.
15. Do not drive while taking any sedative or pain medications.
16. Do not try to remove the sutures yourself.

### Resuming Activities

1. **Glasses** may be worn as soon as long as the splint remains on the nose. After that, they must be suspended from the forehead for a period of about 5 weeks,
2. **Contacts** may be inserted the day after surgery.
3. **Wash the face** gently with a mild soap or cleanser twice daily. Avoid getting the splint wet.
4. **Returning to work** depends on the amount of physical activity and public contact your job involves and also the amount of swelling and discoloration you develop; the average patient may return to work or go out socially 8 days after surgery when these factors are minimal. There is individual variation regarding the time one returns to work.

### Things to report

1. Report any excessive bleeding that persists after applying pressure for 20 minutes.
2. Report any excessive swelling and/or pain.
3. Report any signs of infection such as excessive swelling, redness, sudden increase in pain or drainage, elevation in temperature, greater than (100.3 degrees).
4. Report development of any drug reaction. (Rash, hives or itching).
5. Report if a lump develops or becomes larger.

### Your first office visit

The skin sutures, if any, will be removed and the progress of your healing will be checked. Removing sutures is quick and uncomplicated because it is done with small delicate instruments to minimize discomfort. Subsequent office visits for 1 year are important in order to monitor proper healing.

**Most of all, be patient during the healing process. If you have further questions, you are urged to call us.**