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POST-OPERATIVE CARE INFORMATION FOR SURGICAL PROCEDURES

To the Patient/Guardian, _____ Surgery Date: _____ Center Name: _____

POST OP CARE INSTRUCTIONS FOLLOWING NASAL RECONSTRUCTION/RHINOPLASTY SURGERY:

- 1) Do not take medications containing aspirin, aspirin products, anti-inflammatory drugs (such as Motrin, Aleve, and Advil), Gingko Biloba nor blood thinners/anti-platelet drugs (such as Coumadin, Plavix) for two weeks prior to surgery, as these may cause bleeding. Only Tylenol (acetaminophen) products are safe.
- 2) After the bandages are removed, the nose, upper lip, and eyes might still be swollen. The majority of swelling and discoloration subsides in 2 to 3 weeks. It takes 3 to 6 months before all swelling subsides completely.
- 3) After surgery, there may be dissolvable packing in the nose. This packing usually melts and dissolves by itself between 1 to 3 days post-operatively. Some bloody drainage for 3 to 5 days following surgery may persist. Intranasal splints if present are removed on the first post-operative week visit in the office, usually painlessly after application of a topical anesthetic spray. The sutures within your nose will dissolve spontaneously within 2-3 weeks.
- 4) Head elevations with 2 to 3 pillows at an incline as much as possible at all times would be helpful to decrease drainage and swelling for the first post op week.
- 5) Avoid hitting or bumping your nose (i.e., pets and children). No contact sports or gymnastics for 2 months and no swimming for 3 weeks.
- 6) Avoid pull-over shirts or garments to prevent traumatizing the sensitive nose.
- 7) Avoid direct sun and sun lamps for one month. You may wear contact lenses.
- 8) During the first post-operative week, you should not blow your nose. During the second post-operative week, only gentle nose blowing should be done.
- 9) There is usually significant swelling within the nose. This may persist for approximately one month. Additionally, the nasal cavity tends to form crusts during this period of time that may produce some discomfort and obstruct breathing.
- 10) Saline nose spray is to be used 4 times daily to prevent crusting. The edges of the nostrils may be cleaned gently with a Q-tip and hydrogen peroxide, then apply generous amount of Bacitracin Ointment 2 or 3 times daily inside of the nostrils. A cool mist vaporizer at bedside may be helpful.
- 11) No vigorous activity including bending, lifting, contact sports, etc., should be performed during the first 2 weeks post op. Failure to follow precautions may cause a significant nosebleed.
- 12) Antibiotics should be taken for at least for 2 weeks post op.