

NASAL SURGERY POST-OP INSTRUCTIONS

(Rhinoplasty, Tip Rhinoplasty, Septoplasty, Otoplasty, Nasal Injury Repair)

General Discharge Instructions:

1. The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, nonacid juices).

Medications:

- You will receive prescriptions the morning of surgery and they will be sent to the pharmacy of your choice.
- Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.
- Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.
- Take pain medication and muscle relaxer 2-4 hours apart.
- ALL narcotic medication can cause constipation following surgery. We will be sending a stool softener the day of surgery to help prevent constipation. If you have continued constipation after using stool softener you can use Milk of Magnesia.
- Resume all your regular medications after surgery – Avoid aspirin products for 7 days and Ibuprofen products for 5 days.

Activity:

- Rest and sleep with your head elevated for 2 weeks to reduce pain and swelling. Your eyes may be swollen shut in the a.m. and for 1-3 days following surgery. Expect bruising around your eyes. Most swelling and bruising should disappear within 2 weeks, although some subtle swelling will remain for several months. Swollen nasal tissues may cause nose to seem “stuffed up” for several weeks.
- Avoid bending over, straining or lifting heavy things (greater than 5lbs.) for one week following surgery.
- Avoid hitting or bumping your nose. You should wear clothing that zips or buttons in the front rather than the type that must be pulled over your head.
- You may resume physical activity in 2 weeks.
- Driving and returning to work in one week if no longer taking pain meds.

Wound Care:

- If you have a nasal splint-avoid getting wet when bathing. Tilt you head back in a sink and have someone wash your hair. If splint comes off- please call the office.

-It's normal to have some bloody drainage from nostrils for first few days after surgery- especially when moving around. Use a mustache dressing if drainage is excessive.

-Avoid blowing nose until Doctor says it's okay. DO NOT pull packing out.

-If you have any stitches, wash them gently twice daily with a Q-tip and warm soapy water. You may apply bacitracin ointment or Vaseline over stitches to prevent scabbing.

When to call the Doctor:

-If you experience any signs of infection, fever of 101.0 or higher, redness/heat, purulent/odorous drainage.

-If you have any problems call our office at 937-886-2980.

Follow up:

-Your follow up appointment can be made ahead of time, for one week post op following your surgery date. If you have stitches, they may be removed at this time.

For Your Comfort:

-In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.

-Rather you are going to be lying in bed or a recliner (this is best if you have one available), have plenty of pillows to rest with your head elevated, on an old pillowcase, towel, etc. as drainage may occur beyond the dressings.

-Have something to drink within easy reach, drink plenty of fluids following surgery to stay well hydrated.