

Post-Op Instructions ***(Rhinoplasty or Septoplasty)***

Surgery Morning

Nothing to eat or drink after midnight-may brush teeth.

Take a shower and wash hair and face in the morning.

Do not wear any make-up (includes mascara and eyeliner). **Wash face with baby shampoo when arrive at surgery center to remove any residual eye make-up.**

Leave all jewelry at home. Cannot have any metal on your body, so please remove any body piercing.

DO NOT WEAR CONTACTS.

Clothing: Button-up shirt, sweat pants, socks, shoes (comfortable and easy to walk in).

Bring pain medication with you. You will be numb after surgery and may not feel anything. However, the nurses will give you a pain pill prior to discharge to help keep pain level at a minimum.

Surgery Night

* You will be **MOUTH-BREATHING** due to packing and swelling inside your nose.

Soft Bland Diet: **DO NOT EAT SPICY FOODS** and drink plenty of fluids.

Start your antibiotics at suppertime; **IF NAUSEATED** may start antibiotics the next day.

Sleep with head elevated using a recliner or at least 3-4 pillows (for about a week).

Apply ice compresses to sides of nose (alternating) every hour for at least 15 minutes for a couple of days. Frequent application of ice decreases swelling and bruising.

It is normal to have some bleeding for 24-48 hours after surgery. A drip pad will be taped under your nose. Change the pad as needed.

Take pain medication, as you need it, do not try to brave the pain. You will be more comfortable if you keep your pain at a minimum.

Next 2-8 Weeks

* **You will be stuffy for a couple of weeks.**

Nasal Irrigations: (Start morning after surgery, Irrigate 4-6 times a day)

Prevents blockage of your sinuses, keeps inside of nose moist and clean

Helps dissolve nasal packing – may take up to a week or longer

May buy SINUS RINSE (from Wallgreens) or follow recipe:

In 1 gallon of distilled water add 4 teaspoons (sea salt OR canned salt) and 1teaspoon baking soda. Using a baby bulb syringe, squeeze solution into nose (while bent over sink or towel) and irrigate until drainage is somewhat clear. It is normal for discharge to be various colors. Blood clots and mucous may come out.

Apply antibiotic ointment to the rim of your nostrils and sutures (if you have) twice daily.

Cast on the bridge of your nose is removed in 5-7 days.

After cast removal, you will be instructed to tape your nose. You need to tape 24/7 x 1 week and then as much as possible for the next 4-8 weeks. This helps prevent scar tissue from forming.

Splints may be placed on each side of your septum (inside your nose), this may cause some discomfort. ***It will be removed in 2 weeks.***

Expect bruising under your eyes, cheeks, and nose (may use make-up to cover).

No glasses/sunglasses on your nose for 8 weeks.

No blowing through your nose. May blow very lightly after 2 weeks (***VERY LIGHTLY***).

Sneeze with your mouth open.

No exercise, heavy lifting, or bending over.