

RIVAL RHINOPLASTY AND FACIAL SURGERY CENTER

581 Davis Drive, Suite 104, Newmarket, Ontario L3Y 5G8

(905)898-2444 Office

(905)898-5558 Fax

www.rhinoplastytoronto.ca

1- 866-229-3223 Toll free

POST-OPERATIVE INSTRUCTIONS

Septorhinoplasty +/- Cauterization of the Turbinates
Closed or Open Reduction of a Nasal Fracture

THINGS YOU MAY NEED AFTER SURGERY

1. 4x4 gauze , polysporin ointment (not the cream), Q tips, 3M micropore medical tape, saline nasal spray (salinex, hydrasense), cool mist humidifier, Otrivin nasal spray, cotton balls, lots of DVD's to watch.
2. Consider purchasing Sinech (arnica tablets), this has been shown in some studies to reduce bruising. (can be purchased through the office or online at Alpine pharmaceuticals).

THINGS YOU MAY NOTICE:

1. Your nose and eyes may become quite swollen and bruised and you may get red spots in the whites of your eyes. These effects generally last 2 to 3 weeks.
2. Your nose will still feel congested and blocked for at least 2 to 3 weeks and possibly longer. During this time you will get a lot of crusting inside your nose. It will usually take 3 to 4 weeks before you can breathe well through your nose.
3. You may have mild bleeding from the front of your nose or down the back of your throat for 2 to 3 days. A gauze pad and tape ("mustache dressing") placed over your nose will help to catch any drops of blood so it does not soil your clothing.
4. Your nose will be painful and tender for 2 to 3 weeks after your surgery.
5. Your throat may be sore for several days after surgery.
6. If you vomit there may be some dark red blood in the vomit and is usually of no consequence unless excessive.
7. If you have packing in your nose you will have to breathe through your mouth and this makes your throat and mouth dry. It is helpful to make sure your home or apartment is well humidified and drink plenty of extra liquids.

SPECIFIC INSTRUCTIONS:

1. Keep your head elevated on a few pillows for the first 48 hours. Try to sleep on your back but it is ok to sleep on your side if this is your normal sleep position. Place an ice pack over the cheeks and eyes for the first 48 hours as much as possible to help reduce the swelling and bruising. If the icepack is too uncomfortable place facecloths in the freezer and place these over your eyes and cheeks.
2. Do not blow your nose for 2 weeks after your surgery. If you blow it too hard you may dislodge a blood clot and restart some bleeding. This will usually last for several minutes, but may persist for 15 to 20 minutes.
3. If you have to sneeze, open your mouth and let the pressure out through your mouth opposed to your nose.
4. A mixture of water and salt inhaled into the nasal cavities can help clean crusts and promote healing. You can buy this at the drugstore and comes under several different brand names (salinex, hydrasense, rhinaris) . Squirt 2 sprays into each nostril 3 to 4 times a day or more often if you like.
5. Clean inside the nostrils with a Q tip coated in polysporin 3-4 times per day after spraying the saline. Place polysporin ointment on any incision lines 3-4 times per day. If you appear to be having a reaction to the polysporin (redness, bumps) switch to Vaseline . Do not pull or pick at any crusts as they often have small stitches underneath them.
6. Do not take any aspirin or products containing aspirin for 2 weeks after your surgery as they may cause bleeding. Use acetaminophen (Tylenol regular or extra strength) for mild pain. If you are given a prescription for more severe pain (Tylenol #3, Percocet), be sure to follow the instructions and remember that many of these pain medications cause constipation. It is a good idea to take extra fiber (e.g. bran muffins, metamucil or other laxatives such as prunes) while using these medications.
7. If medication is prescribed, make sure your nurses, doctors and pharmacist knows any other drugs you are taking as well as any allergies you have to prevent adverse drug interactions and allergic reactions.
8. Keep away from any activities where you could potentially injure your nose (e.g. racquet or contact sports) for 6 weeks.
9. You may resume most activities and exercise about 2 weeks after surgery.

10. You can wear your glasses on top of the splint while it is on. When the splint is removed do not wear heavy glasses on the bridge of the nose for the first 4 weeks after surgery. You may wear contacts or tape your glasses to your forehead.
11. It is normal to have some oozing of blood after surgery from the nostrils especially in the first 48 hours. It will usually increase when you move around or go the bathroom. If the bleeding is excessive however lean forward and squeeze the nostrils shut with the gauze hold for at least 10 minutes. If this doesn't stop it take a cotton ball and soak it in Otrivin nasal spray. Place the cotton ball inside the nostril that is bleeding and leave it there for a few hours then remove. If the bleeding persists call our office. If you are unable to reach us or are from out of town go to your nearest emergency room. You may need nasal packing placed.

COMMON CONCERNS ABOUT THE APPEARANCE OF THE NOSE IN THE EARLY POST OPERATIVE PERIOD

1. The tip of the nose often appears up turned or pig like at first. This is partially because of swelling in the upper lip and from taping. The tip will fall especially in the first 2 weeks and then more slowly after that. It is important that the tip be slightly over rotated at first so that it is not too droopy when it finally heals.
2. There is often more bruising or swelling on one side then the other. This is normal related to the amount of bleeding that occurred at the time of surgery.
3. The nostrils often appear larger and sometimes uneven. This is usually due to swelling and the fact that they are more visible after surgery. This again improves with time.
4. When the splint is removed there is often swelling where the bump used to be. Sometimes this appears as a smaller bump at first. This goes down with time depending on the bodies healing process .
5. The upper lip is very stiff at first after surgery. It moves very little and this makes your smile seem strange. This is usually related to swelling at the base of the nose. This always returns to normal with time especially after the first two weeks.
6. The tip appears very round and swollen ,often bigger then before surgery. This is completely normal and will go down with time. You will find the swelling in the bridge may go down faster then in the tip.

WARNING SIGNS YOU SHOULD BE CONCERNED ABOUT:

1. Persistent fever, chills or sweating.
2. Any rash.
3. Persistent bleeding which will not stop after 20 to 30 minutes.

4. Increasing nasal or throat pain.
5. Persistent vomiting and inability to drink liquids for greater than 4 hours.
6. Not being able to urinate within the first 12 hours after the operation.
7. Shortness of breath, chest pain, weakness or numbness in the face or limbs.

IN CASE OF EMERGENCY:

Call our office at 1-866-229-3223 or 905-898-2444. If you are unable to reach us, go to your nearest Emergency department.