

SEPTO-RHINOPLASTY PATIENT INSTRUCTIONS

1. You will have cast on your nose and a gauze pad taped under it. Change the gauze as it becomes saturated. By the morning after surgery, the drainage will have decreased and you can stop using the gauze pads.
2. Keep the cast dry. Swelling and bruising around the eyes is normal for a week after surgery. To help reduce the bruising, place a frozen gel eye pad or small plastic bags of frozen peas or corn on each side of the nose over the eyes for 48 hours after surgery.
3. Sleep with your head elevated (above your heart) as this will reduce swelling and pain.

ON THE DAY AFTER SURGERY:

- If directed by your doctor, remove the telfa pads in your nose. Pull the strings and they will slide out. It may require a tug to remove, but it will not be painful.
 - Start using saline spray in your nose; 2 sprays 4 to 5 times a day. Clean the incisions under the tip and inside the nose with hydrogen peroxide and apply antibiotic ointment (Neosporin, Bacitracin, etc) twice a day.
4. Plastic splints may be placed in your nose. They are sewn in and will be removed at your first postoperative visit. If splints are placed, you will need to be on antibiotics.
 5. Pain is usually moderate, and controlled by pain medication. It is not unusual to have sinus pressure after surgery and usually resolves the first week. It is also normal for the nose to be congested for 1 to 3 weeks after surgery.
 6. **Do not blow your nose for a week after surgery.** You may sniff back, but don't blow. **If you need to sneeze, let it come out of your mouth, don't hold it in.**
 7. Your front teeth may be numb after surgery. This usually resolves in 1 to 2 weeks after surgery. As it improves, you may notice a "*pins and needles*" feeling.
 8. Do not wear glasses or sunglasses for a month after surgery. The weight of the glasses could cause permanent indentations on your nose.
 9. You should have a postoperative appointment scheduled for 1 week after surgery where the cast and stitches will be removed. It is normal for the nose to be swollen when the cast is removed.
 10. For several weeks after surgery, you may notice dark crusts in your nose. This is normal and you may blow them out or use the saline spray to soften them.

COMPLICATIONS:

Septal Hematoma: Blood can build up between the flaps of skin in your nose -- if this occurs, and to prevent infection -- it must be drained immediately.

Septal Perforation: A hole in your septum can sometimes occur after surgery. This is rare and usually does not affect your ability to breathe. Occasionally, the hole may cause crusting. If whistling occurs, the hole will need to be fixed.

Infection: This is very rare after surgery. Notify your physician if you experience fever, green or yellow drainage, or increased pain after surgery.

Cosmetic Deformity: Even the best plastic surgeons occasionally have to perform minor corrections to nasal surgery. This is a rare occurrence.