

# SEPTORHINOPLASTY

## INTERNAL AND EXTERNAL RESHAPING OF THE NOSE

**REMEMBER TO FOLLOW ALL GUIDELINES THAT WERE PROVIDED TO YOU BY THE SURGERY CENTER OR HOSPITAL ABOUT WHAT TIME YOU SHOULD STOP EATING AND DRINKING.**

On the day of surgery, please report to the Surgery Center or Hospital on time for your scheduled procedure.

1. You may have soft, plastic splints inside of your nose and a hard splint over the bridge of your nose until your postoperative appointment when they will be removed- this is about 10-11 days after surgery. Splints inside of your nose will make breathing through your nose difficult. A humidifier or vaporizer can be used in the bedroom to prevent throat pain with mouth breathing. You can shower with the cast on starting the day after surgery but don't scrub your face. The cast must be kept dry until it is removed in the office.
2. Many patients have bruising under the eyes and swelling of the nose and face. This will resolve slowly over the 2 weeks following surgery. Keeping cold packs on the eyes for the first several days after surgery will help to decrease the swelling and bruising. A small bag of frozen peas or corn may also be used but make sure that the bag or ice pack is not placed directly on the skin- use a washcloth or towel between the skin and pack.
3. Bloody nasal drainage is normal after this surgery for the first few days, usually decreasing in volume with each day that passes. Drainage will flow from both the front of the nose, and the back of the throat. Make sure that you try to spit out any bloody drainage that drips down your throat to help prevent nausea/ vomiting. You will have a nasal drip pad/ sling with gauze to catch drainage from the front of the nose. The gauze may be changed as often as needed and may be removed when you feel comfortable. In case of profuse nasal bleeding, you may apply ice to the bridge of the nose and pinch just above the tip for 10 minutes; if bleeding continues, please call our office.
4. You will notice facial pressure and fullness as a result of the nasal splints, similar to a mild sinus infection- this is normal.
5. If you develop hard crusts inside of the nostrils, this is usually where sutures have been placed. To soften them, you may apply Bacitracin, Neosporin or saline gel 2-3 times per day. This may help them to be removed more easily in the office at your follow-up appointment.
6. It will be more comfortable for you to sleep with extra pillows or in a recliner for the first few days after surgery until the drainage resolves and the swelling decreases.
7. Do not blow your nose for 2 weeks after surgery.
8. Avoid lifting over 10 lbs. and do not do any vigorous exercise for 2 weeks after surgery. Avoid any activity that may result in nasal trauma for 3 months after surgery (contact sports like basketball, football, etc.). Be careful to avoid bumping your nose after surgery- it will be very painful and could move the healing nasal bones. Toddlers and larger dogs are notorious for accident "head butting" so try to avoid close facial contact.
9. Avoid airplane travel for 2 weeks following sinus surgery. The cabin pressure changes can cause pain and swelling within the nose/ sinuses.
10. Sense of smell and taste are often diminished for several weeks after surgery. There may be some tenderness and numbness in your upper, front teeth, which is normal after surgery. You may express old clots, discolored mucous or very large nasal crusts from your nose for up to 3-4 weeks after surgery depending on how frequently and effectively you irrigate your nose with the saltwater spray.
11. Pain medication can be used for pain as prescribed. Pain and pressure in the nose is expected after surgery- the nasal splints cause most of this. As the site heals, pain will resolve over the course of a week. Pain medications can cause nausea which can be improved by taking them with food or milk.
12. You can use 2 nasal sprays after surgery: Afrin can be used up to 2 times a day for up to 5 days after surgery (best before bed) to reduce bloody drainage from the nose for the first few days after surgery. Saline/salt water spray can/should be used regularly after surgery to decrease crusting in the nose.
13. If you have an incision under your nose, you should use Bacitracin or Neosporin ointment 2-3 times per day to keep the incision from crusting and itching.

14. Take all of your routine medications as prescribed, unless told otherwise by your surgeon. Aspirin can usually be taken 24 hours after surgery unless otherwise specified.
15. You should plan to be out of work until your postoperative appointment. Should you want/need to return sooner, you should discuss it with your surgeon.
16. You will have a postoperative appointment scheduled for you, which will be 10-14 days after surgery. You should have received a card with this appointment location, date and time- if you did not, please call the office to find out when this appointment is.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE.**