



## **SEPTOPLASTY & RHINOPLASTY**

### Goal

The goal of rhinoplasty is improvement in the appearance and function of the nose. You should not expect a “perfect” nose after the surgery.

### Home Care Instructions:

- You should expect to take one week off from work and refrain from any strenuous activity.
- Do not bend over or lift heavy objects.
- Blow your nose only gently for 10 days after surgery.
- You will have splints in your nose and you may have a cast on your nose for 7 days.
- Do not take aspirin, ibuprofen or products containing these medications for at least 2 weeks.
- Sleep in a recliner (or reclined position) for the first two nights after surgery.
- Drink as much as possible to re-hydrate the body and keep your mouth from drying out as you may not be able to breathe through your nose.
- Keep a “drip pad” (folded gauze) under your nose to catch any drainage.
- Expect oozing of blood and mucus during the first 48 hours. This is normal.
- Clean your nostrils 3-4 times daily with hydrogen peroxide soaked Q-Tips®. At the same time, gently clean the incision under the nose if one is present.
- Spray your nose every 2-3 hours while awake with saline nose spray. This will help the airway in the splints to remain open.
- Be very careful not to hit your nose. This includes being hit by a restless bed partner or children. Do not pick up small children.
- Sleep on your back if possible. If rhinoplasty was done, the nose can be pushed crooked by sleeping on it or hitting it, especially in the first two weeks.
- See your physician as directed post operatively; the first visit is usually in 7 days.

### Possible Side Effects:

- Nausea and drowsiness is normal after general anesthesia.
- Mild to moderate pain, especially in the first 48 hours is to be expected.
- Bleeding. If bleeding is profuse, place three squirts of Afrin® in the nose and squeeze the nostrils for 10 minutes. Call us immediately.
- Swelling. If rhinoplasty was done, your eyes may get swollen and black and blue. Keeping an ice pack on the eyes for 20 minutes every hour while awake will decrease this.
- Pain: if you are still experiencing a lot of pain after the first three days, call the office.

### Contact your Physician if:

- Your pain is not relived with the pain medications.
- You have a fever above 101.5° or a lower grade fever for more than 3 days.
- You have any questions or concerns.

### Supplies needed

You will be given prescriptions at your pre-operative appointment for antibiotics and pain medications. You should pick these up a day or two before surgery so you will not have to stop at the pharmacy after the surgery. While you are at the pharmacy, you should also pick up the following items:

1. Hydrogen peroxide
2. Q-tips®
3. Saline nose spray
4. Afrin® nose spray
5. Tissues
6. 4x4 Gauze
7. Medical adhesive tape