

Nasal Plastic Surgery Postop Instructions

Please read and become familiar with these instructions BEFORE and AFTER surgery. By following these instructions carefully, you will assist in obtaining the best possible result from your surgery. You should begin observing these instructions on the day of surgery.

1. Do not blow your nose for at least 2 weeks following surgery. Wipe or dab gently with Kleenex if necessary. You may also use saltwater spray ("Ocean Spray") in your nose as frequently as you like to help dissolve thick, congested mucus. A gentle "sniffing back" toward your throat is permissible to help clear secretions.
2. Keep a dressing underneath your nose and change as necessary until drainage stops. Drainage will be a blood-tinged color and will last from 1 to 3 days after surgery. You may require frequent dressing changes the first 24 hours after surgery.
3. If nasal dressings are inside your nose after surgery (nasal "packs"), these are to simply minimize bleeding immediately after surgery. I will remove these in the office the morning after surgery. Since your nose will be obstructed, your first night of sleep after surgery may be fitful. Sleeping with your head propped up on pillows will help you to breathe better through your mouth for this first night.
4. If plastic splints are inside your nose to help keep your septum straight, these will tend to increase your mucus production and congestion. This is normal. I will remove these splints in the office after about a week. Use of saltwater spray will minimize your congestion. These splints are not uncomfortable and cannot be seen by outside observers while they are in place.
5. If a cast is on the outside of your nose to help hold the external parts of your nose in place, this will need to be kept DRY and IN PLACE for A WEEK. Showering, facial cleansing and hair washing must be done very carefully to keep the cast dry and in place. Avoid pullover shirts and sweaters. The cast primarily serves as a reminder to you not to bump or disturb your nose in any way as it begins to heal. If the cast should loosen and begin to fall off, please gently tape it back over your nose. I will remove the cast in the office after a week.
6. Sutures used inside your nose are all dissolvable and will disappear over a few weeks' time. If your type of surgery requires any sutures on the outside of your nose, the sutures are usually nonabsorbable and will be removed in the office after 5 or 6 days. These outside sutures are finer than a human hair and break easily, so be very ginger with these areas.
7. If your type of surgery does require the use of external sutures, please apply antibiotic ointment (any type) to the suture line 2 to 3 times a day to prevent crusting and to minimize scar formation. If any crusts do form, do not remove them! Picking crusts will increase scar formation.

8. You will be provided prescriptions for pain control and antibiotics. Take these as directed. Pain after nasal surgery is modest, easily controlled with pain medications and for most patients lasts only a few days after surgery. Antibiotics are strictly precautionary. If you experience nausea or any other side effects from your medications, call my office for a prescription change.
9. Avoid extreme physical exertion (including most athletic activities and intercourse) during the critical phases of healing. Depending on the amount of surgery, this period will range from 2 to 6 weeks. If any bony cuts or rearrangements were performed as part of your surgery, this healing will require a full 6 weeks. Activities that are notorious for accidentally dislocating the newly aligned bones include swimming, skiing, sex and playing with children and grandchildren.
10. Avoid manipulation of your upper lip to keep your nose at rest for 10 to 14 days. Therefore, avoid chewy foods, brush your teeth gently with a soft toothbrush, minimize smiling, grinning and excessive facial movements and limit telephone conversations and social activities during this period.
11. Absolutely avoid sun exposure or sun lamps for 6 weeks after surgery. Beyond 6 weeks the nasal skin (including any incision lines) should be protected from the sun and UV radiation using a good sunscreen (or makeup with sunscreen) for a year. Failure to observe these precautions can turn the skin (and any external incision lines) unnaturally pink or red.
12. If any structural work was required of your upper nasal bones or cartilage, do not wear eyeglasses, sunglasses or goggles on the bridge of your nose for at least 4 weeks. If eyeglasses must be worn, support them from your forehead with a strip of adhesive tape.
13. Occasionally, surgery on the front part of the nose or septum will result in numbness or tingling to the upper lip or teeth. This is temporary and usually resolves completely in a few weeks.
14. Don't be concerned if the nose, eyes or upper lip show some swelling or discoloration. This varies from patient to patient and usually clears in 2 to 3 weeks. To cover discoloration, you may use a cover-up makeup such as "ERASE" by Max Factor, "COVER AWAY" by Adrien Arpel or "ON YOUR MARK" by Kenneth.
15. Depending on the amount of surgery your nose required, the nose may be a little "puffy" for a time following surgery. This will resolve with time. In fact, it takes *at least a year for all* swelling to subside. "Healing" of your nose continues in small, subtle ways *for the rest of your life*. Observing a low-salt diet and limiting strenuous activities will help minimize this puffiness should it occur.
16. Follow-up appointments are scheduled depending on the type and amount of surgery performed on your nose. I typically see patients the first day after surgery if nasal packing must be removed, 5 to 6 days after surgery if sutures must be removed and 7 to 10 days after surgery if nasal splints or a cast must be removed. Thereafter, I will see you as frequently as necessary to ensure good healing and an optimal surgical result.

17. If the use of ear cartilage was required for your surgery, you will have a dressing sutured to your ear and a suture line just inside the bowl of your ear. Avoid sleeping on the affected ear, keep the suture line covered in antibiotic ointment and keep the ear and its dressing DRY. I will remove the dressing and sutures 5 to 6 days after surgery.
18. If you should have any questions or concerns during your recovery, do not hesitate to call my office at 785-309-0900 or 1-866-760-0900.