

## **RHINOPLASTY OR RHINO-SEPTOPLASTY SURGERY INSTRUCTIONS**

**Before your procedure, you will need to purchase:** Antibiotic ointment (Bacitracin or Polysporin), Q-tips and hydrogen peroxide, ice packs or frozen peas, 2 bottles Ocean Nasal Spray (or generic equivalent), and your prescriptions.

**Six weeks before surgery:**

Quit smoking. Smoking inhibits wound healing.

**Two weeks before surgery:** All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) *Please let Dr. Sidle or his staff know if you must continue these medications.*

**Evening before surgery:**

1. **NOTHING** to eat, drink, or smoke after midnight. Shampoo your hair.
2. Trim your nose hairs if excessive.

**Morning of surgery:**

1. Wash your face thoroughly. Remove all make-up. Do not apply makeup or facial creams.
2. Remove contact lenses. You will not be able to reinsert them the day of surgery. Bring glasses to your procedure if you need them to read.
3. Leave all jewelry at home.

**After surgery:**

1. Relax and rest with head elevated at a 45-degree angle for 1 week. It is recommended that you sleep on your back with at least 2-3 pillows or in a reclining chair. Keep your head above your chest to reduce swelling/bruising.
2. Apply frozen peas in a plastic baggy or ice packs to the area around the eyes and nose intermittently for the first 72 hours. Use a thin washcloth between the plastic and your skin. Apply ½ hour on, ½ hour off while awake.
3. Take your pain medication every 6 hours if needed. Always take narcotic pain medicine with food to decrease nausea. If you do not have pain, do not take the medication. For minimal pain, take Extra-Strength Tylenol **ONLY. DO NOT TAKE** any aspirin or aspirin-like products. No ibuprofen.
4. Take antibiotics as prescribed. Finish all antibiotics

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5. Clean any stitches on the outside of the nose with hydrogen peroxide soaked Q-tips three times a day. Pat dry. Also gently clean just inside each nostril with hydrogen peroxide on a Q-tip. Then apply the antibiotic ointment to the stitches below your nose and a thin layer around each nostril rim three times a day after the cleaning. Clean the crusts off so that when you return to the office for your post-operative visit, you should have minimal or no crusts and scabs on the stiches or in nostrils.
6. Spray Ocean Spray (saline spray), 2 sprays each nostril, several times a day following surgery starting 48 hours after your surgery. This will keep your nasal passages moist and decrease the crusting in your nasal passages.
7. You may bathe, shower and shampoo your hair 24 hours after surgery, but do not get the cast on your nose excessively wet. However, the cast on your nose will tolerate some wetness when washing face and hair. It will not harm incisions to get them wet. Pat the area dry. **Do not** swipe with the towel or cloth.
8. You can expect some blood-tinged drainage from your nose following nasal surgery. The hospital nurse may apply a drip pad under your nose. This drip pad should be changed whenever it becomes wet. The pad can be discontinued when the drainage decreases and stops. Call your doctor if you are soaking more than 4 blood-tinged dressings per hour.
9. You may have nasal septal splints inside your nose. These keep the septum straight while it heals in its new shape. Splints are removed 7-14 days after surgery. Leave them in place.
10. If you develop active bleeding from the nose, call the doctor immediately.
11. **NO HARD NOSE BLOWING FOR 2 WEEKS.**

### Other instructions:

1. Avoid bending over or bumping your nose for 2 weeks.
2. Avoid strenuous exercise for 2 weeks following surgery. Try to avoid situations that cause your blood pressure to rise as this could cause bleeding.
3. **DO NOT SMOKE** and avoid alcohol consumption for 3 weeks. Alcohol and smoking can prolong swelling and delay healing.
4. The nose should not support eyeglasses for at least 1 month after surgery. Eyeglasses may be taped to the forehead. These steps are taken to avoid any external forces being applied to the nose which may result in a change in its new shape and function. Contact lenses may be worn the day after surgery if you are able to insert them. You may have very significant swelling that may prevent you from inserting them. This is common and normal.
5. You should wear clothing that fastens either in the front or back for 1 week following surgery. Avoid pullover clothing.
6. Do not drive a vehicle if your vision is affected by the surgery. Also, do not drive while taking any sedative or prescription pain medications.
7. When you return to work depends on the amount of physical activity and public contact your job involves. It also depends on the amount of swelling and discoloration you develop. The average person is ready to return to work 7-10 days after surgery.

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8. No Hard Nose Blowing for 2 weeks.

**General information:**

1. It is not unusual to have swelling and discoloration of the nose and eye area. The amount varies from person to person. Remember this is normal. It may become worse, especially in the eye area, the next day. It gradually subsides over the next 2 weeks. However it will take 6-8 weeks for the majority of the swelling to subside. Remember to keep your head elevated and ice your eyes for the first 72 hours to reduce swelling and bruising as much as possible. Icing is less useful and may be discontinued after 3 days.
2. The discoloration will gradually disappear over a period of 10-14 days.
3. Call the doctor if you experience:
  - a. Persistent temperature above 101.5 degrees that is not relieved by Tylenol
  - b. Active, persistent bleeding
  - c. Discharge from the nose or other evidence of infection.

**Please do not hesitate to call Dr. Sidle if you have any questions or concerns.**

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