

RICARDO A. MEADE, MD
Rhinoplasty Post-Op Instructions

11/14/13

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Follow balanced diet low in sodium. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication and antibiotics as prescribed. Do not take aspirin or any products containing aspirin.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Return to work in 1-2 weeks.
- Avoid strenuous activities or any activity that increases your blood pressure for 2-3 weeks.
- Avoid body contact sports, hitting or rubbing your nose, and sunburn for 2 months.
- Avoid direct contact or pressure on your nose for 3 weeks.
- Sleep on your back with your head elevated for two weeks. **Sleeping on one side may cause the nose to bend to one side.**

Dressing/Splint Care/Suture Care

- A small gauze bandage (drip pad) is placed between the bottom of the nose and the upper lip. This is changed as often as needed during the day. A small amount of oozing is ordinary and expected. The bandage may be changed one or a dozen times. The loosely closed incision allows blood to escape rather than flow back up into the nasal tissue. Most of this oozing stops by the evening of surgery or by the following morning. It is seldom necessary to leave the hospital with a drip pad. If you have surgery as an outpatient, the pad can ordinarily be discontinued the morning following your operation. A small amount of red-pink serum is to be expected. Just dab it away.
- DO NOT cur or alter the tape or nasal splint/cast in any way—even if it is soiled.
- An internal splint is often used and it is held in place by a suture. The internal splint will be removed 7 days after our surgery.
- A small splint/cast is placed on the upper two-thirds of the nose immediately after surgery. The splint is removed 14 days after surgery. **Do not allow the splint to get wet or it may fall off.**

Incision Care

- Avoid exposing scars to sun for at least 12 months. Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Twice a day apply a small amount of bacitracin ointment just inside the nostrils for two weeks. This acts to lubricate the surgically sutured area and prevent crusting. Any crusting that does form can be gently removed with peroxide dampened Q-tip. However, it is imperative to avoid extensive manipulation in this area. **DO NOT BLOW THE NOSE. DO NOT USE NOSE DROPS. DO NOT PUT ANYTHING UP YOUR NOSE.**
- Keep incisions clean and inspect daily for signs of infection.
- Stay in bed with your head elevated (except for going to the bathroom) for the first day.
- Cold compresses will reduce swelling.
- Take Caution while bathing/showering/washing hair, etc to avoid getting your nasal splint/cast wet. If your nasal splint/cast gets wet in may fall off. Please call the office to let us know if it falls off.
- Be gentle when washing your face and hair or using cosmetics.
- Carefully brush your teeth very gently for the first two weeks following surgery.
- Do not use facial makeup on external incisions until advised by surgeon.
- Avoid blowing your nose for 1 week.
- Contact lenses can be worn as soon as you feel like it, but glasses cannot be worn until your nose is completely healed (approximately 2 months). After your nose splint /cast is removed, tape your glasses to your forehead or prop them on your cheeks until completely healed.

What To Expect

- You are likely to feel tired for a few days, but you should be up and around in 1-3 days.
- Maximum discomfort will occur in the first few days after surgery.
- You may be up and about in 2 days, but it will be several weeks before you are entirely up to speed.
- After surgery, particularly during the first 24 hours, your face will feel puffy.
- A small amount of bleeding is common during the first few days.
- A splint is applied immediately after surgery for 14 days. Nasal packs may also be used.
- Minimal postoperative pain.

Patient _____ Nurse _____ Date _____

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- Your nose may ache and you may have a dull headache.
- Temporary swelling and bruising around eyes and nose will increase at first and peak after 2 or 3 days. Most swelling and bruising should disappear within 2 weeks. Some subtle swelling (noticeable only to you) will remain for several months.
- Healing is a slow and gradual process.
- Some numbness may be present around the operative areas.
- Black eyes and swollen nose and eyelids for 7-14 days.
- You may experience some discomfort with breathing.
- Swollen nasal tissues may cause nose to seem "stuffed up" for several weeks.
- Nasal Discharge: For the first few post-operative days, you may expect a small amount pink-colored water nasal discharge. Usually, a facial tissue touched to the nostrils is all that is required. Occasionally, reapplication of a small gauze bandage beneath the nostrils may be more convenient. Any gauze continuous persistent show of bright red blood should be reported to Dr.Meade's office (214) 823-1691.
- Sleeping: For two weeks following surgery, it is best to sleep with the head elevated by at least two pillows, both to decrease the amount of swelling and to aid in the resolution of any swelling that does occur.

Follow-Up Care

- Frequent follow-up visits should be scheduled for suture removal, splint removal, packing removal, etc.
- **IF you have not done so, please call (214) 823-1691 to schedule to following post-op appointments:**
 - **Suture removal appointment 3-5days after surgery.** _____
 - **Internal Packing/Splint removal for 7 days after surgery.** _____
 - **Nasal Splint/Cast removal and follow up with Dr. Meade 2 weeks after surgery.** _____
- **PLEASE NOTE:** On the day you have your appointment to have your splint removed, get in the shower and wash your hair allowing the water and shampoo to run over your nose and under the splint---softening the tape under the splint. This will make it easier to remove the splint when you arrive at out office.

Appearance

- New nose looks better in 2-3 weeks and usually continues to improve for many months.
- Nasal tip drops to its permanent position in 3-6 months.
- Final results may not be apparent for a year or more.
- Small irregularities may be felt below the smooth skin, especially over the nasal bones. These irregularities are common. Most noses, even without surgery, have palpable bone irregularity beneath smooth skin

IMPORTANT- Call the office (214-823-1691) for any increased redness, swelling, foul-smelling wound drainage, wound separation, severe/uncontrolled pain or temperature >101.5. Do not hesitate to call for any other questions or concerns.

IN CASE OF HEMORRHAGING (UNCONTROLLED BLEEDING) from the nose—Put your head back, apply small ice packs around your nose and call our office.

****IF you have not already scheduled your post-operative appointments, PLEASE call the office at 214-823-1691 to set up your appointment.** You will have at least 3 post-op appointments during the first two weeks following surgery.