

RHINOPLASTY/SEPTOPLASTY POST OP

- Keep head elevated for 10-14 days after surgery. Avoid lowering head at all even when sleeping. Sleeping in a recliner or using two pillows and a neck pillow to help elevate is helpful.
- It is normal to continue to swell after the first 48 hours. Swelling reaches its peak at 48 to 72 hours.
- While the nasal splint is on, you may have your hair washed beauty salon fashion, keeping the splint dry.
- To prevent bleeding, use Afrin spray intermittently ONLY for the first and second week after surgery for improved nasal breathing.
- If you experience increased nasal bleeding with bright red blood (with a need to change your nasal pad every 30 to 40 minutes), notify your doctor immediately. You should sit up and apply pressure to the end of your nose for 15 minutes and you can use the Afrin spray to stop the oozing in the interim. Bleeding usually stops with these maneuvers.
- Nasal splint will be removed 5-7 days after surgery.
- After the nasal splint is removed, the nose can be washed gently with a bland soap, and makeup can be applied. Moisturizing creams/lotions can be applied if nose is dry.
- After the splint is removed, do not wear glasses or allow anything else to rest on your nose for 4 weeks. If glasses are needed, they should be taped to the forehead. Contacts can be worn as soon as the swelling has decreased enough for them to be inserted.
- You will probably have a bloody nasal discharge for 3 to 4 days. Nasal drip pad can be used. We will show you an example during your pre-operative visit.
- Keep the inside edges of your nostrils and any stitches clean by using a Q-tip saturated with hydrogen peroxide followed by a thin coating of bactroban/bacitracin/mupirocin/gentamicin ointment. This will help prevent crust from forming.
- If you have pain, take pain medication every 4 to 6 hours. It is best to take with crackers, Jell-O, yogurt, etc. If you have no pain, then do not take the pain medication.

- Immediately after surgery, begin with a light diet of liquids only. The next day you can begin a soft, regular diet, but for 2 weeks avoid foods that require excess lip movement such as apples, corn on the cob, etc.
- The tip of the nose will sometimes feel numb after surgery and occasionally the front teeth will feel “funny.” These sensations will gradually disappear.
- Much of the swelling will be gone 2 to 3 weeks after surgery. It often takes approximately 1 year for the last 10% of the swelling to disappear. Your nose may feel stiff when you smile and not as flexible as before surgery. This is not noticeable to others and things will gradually return to normal.
- After stitches and internal/external splints are removed, it is recommended to use saline (salt water) solution (called Ocean or Ayr Nasal Spray) to gently remove crusty formation from inside of your nose.
- No contact sports for 8 wks. No swimming for 3wks. No strenuous activity for 2 wks.
- Avoid hitting your nose for 6-8 weeks after surgery.
- Do not rub, blot, or blow your nose for the first 2 weeks after surgery. Try not to sneeze, but if you do, sneeze through your mouth.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, or if you develop a fever (oral temperature greater than 101.3[®]F), develop redness, or have increased pain at the site of your surgical incisions, CALL THE OFFICE IMMEDIATELY.

If there is any questions or concerns, please call our office at 713-61-8866 or for non-emergent issues you can also email our office at contactus@houstoncraniofacial.com

Thank you

Phileemon Eric Payne, M.D. and Staff