



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

General

1. You should expect to take one week off from work.
2. You will have splints in your nose and a cast on the nose (rhinoplasty) for 7 days.
3. You will need someone to pick you up after the surgery. You cannot drive yourself home under any circumstances.
4. Do not take aspirin, aspirin products, Vitamin E, Ginkgo compounds, non-steroidal compounds or any herbal medicines 2 weeks prior to surgery.
5. Your first post-op appointment is about 7 days after surgery. The casts and splints will be removed at this time.
6. The surgery takes about 1 hour for septoplasty and 3 hours for rhinoplasty. You will generally spend about 1-2 hours in the recovery room before being sent home.
7. Rhinoplasty is done through a trans-columellar incision (the skin between the nostrils).
8. Do not blow your nose for 10 days after surgery.

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

First 48 Hours

1. This is the worst time. You will generally feel some mild to moderate pain as well as fatigue and possible nausea. You may even vomit some blood. These symptoms are generally worse the night of the surgery.
2. Try to spend the first two nights with your head elevated in a recliner. Keep a glass of water nearby since your mouth may dry out.
3. Wear folded gauze “drip pad” under your nose. This will catch secretions. Change the pad as needed.
4. Expect oozing of blood and mucous during this time. This is normal.
5. Clean your nostrils 3-4 times daily with hydrogen peroxide soaked Q-Tips®. At the same time, gently clean the incision under the nose (rhinoplasty).
6. Spray your nose every 2-3 hours (while awake) with saline nose spray. This will help the airway in the splints to remain open.
7. If rhinoplasty was done, your eyes may get swollen and black and blue. Keeping ice or ice-water soaked face cloth on the eyes as much as possible (20 minutes/hour when awake) will decrease this swelling and bruising.
8. If bleeding is profuse: CALL US IMMEDIATELY and place three squirts of Afrin® in the nose and squeeze the nostrils for 10 minutes.
9. Follow cautions mentioned below.

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(continued)

Days 3-7

1. In general, there should not be much pain at this point. If you are experiencing a lot of pain, you should call the office.
2. Restrain from any strenuous activity. Do not bend over and do not lift heavy objects.
3. Take pain medication as needed. Take antibiotic for the full 7 days.
4. 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.
5. 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.
6. Continue using saline spray - two sprays in each nostril every three hours while awake.

Post-Operative Schedule

1. The cast and splints will be removed on day 7.
2. You will have a second appointment one week later to remove any crusting inside the nose that may have formed and clogged the nostrils.
3. The third appointment is in 1-3 months.
4. When the cast is removed (rhinoplasty), your nose will be very swollen. Much of the swelling goes down in the following 1-2 weeks. However, it takes 3 months for 95% of the swelling to subside and a full year for the final 5% TO RESOLVE.
5. After the splints are removed, you should use saline nose spray in the nose. Use two sprays in each nostril every 3 hours while awake. This will limit the formation of crusts in the nose. These crusts will clog the air passages after surgery.
6. You can resume light exercise, e.g. walking at one week. At two weeks, you can resume your normal exercise routine. If rhinoplasty was done, you should wait 6 weeks to resume contact sports.
7. You can fly 10 days after the procedure.
8. You can swim two weeks after the procedure.

301-989-2300 If you call after normal office hours please follow the instructions on the recording. A physician will be contacted to return your call

Comments: _____

POST OP APPT DATE: _____ TIME: _____