



NASHVILLE EAR, NOSE & THROAT CLINIC

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RHINOPLASTY SURGERY

Post-operative instructions:

If you develop problems after this procedure it may be due to the anesthesia or the operation. Common anesthetic effects include nausea, itching, and sedation. You should recover quickly from these effects; however, some patients do not feel back to normal until the following day after surgery. Recall the conversation you had with your doctor prior to undergoing the surgery. The surgery involved operating on the nose to correct cosmetic concerns and/or breathing problems with your nose. You have stitches, splints, and sometimes packing in your nose after surgery. The external cast on your nose should be kept dry and left alone for seven days, then your surgeon will remove it in the office.

Packing: You may have packing in your nose after surgery and is usually in the form of rolled up pieces of gauze with a string attached to help remove them the next day. This can be done in the office or by you at home. You should soak the packs with Afrin or Neosynephrine nasal spray 5-10 minutes prior to removing them.

Bleeding: Elevate your head and lean forward. Spray Afrin or Neosynephrine nasal spray in your nose to help stop the bleeding. If it persists call **386-9089**. If you have high blood pressure, be sure to take your medicine as prescribed. Avoid Aspirin and Ibuprofen containing products for 2 weeks after surgery.

Swelling and Bruising: If your surgeon had to re-break any bones or perform an open technique, you can expect bruising up to 10 days after surgery. The swelling slowly improves over a 6 week period. The final results of surgery are seen at 6 to 9 months.

Pain: You will be prescribed narcotic pain medications after surgery. Most of these already contain Tylenol, so do not take additional Tylenol. If the pain is not controlled, call 386-9089. Remember that your doctor and his associates may not prescribe controlled substances over the phone.

St. Thomas Office
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(615) 386-9089 . Fax (615) 386-2197

Comprehensive ENT · Pediatric ENT · Otology · Neurotology · Snoring & Sleep Disorders
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NASHVILLE

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Congestion: Expect to have nasal congestion or the inability to breathe out of your nose, especially if your nose is packed overnight. Once the packing is removed, your ability to breathe out of your nose will improve remarkably. However, due to the swelling and nasal splints, you may still notice nasal congestion for up to 7 days after surgery.

Nose Blowing: Do not vigorously blow your nose as this may cause bleeding. After about 2 weeks, your nasal lining will be healed enough to allow you to blow your nose again. If you feel the need to blow your nose, blow through both nostrils at the same time or instill nasal saline spray and wash it back.

Activity: Your activity is limited for 2 weeks after surgery. Do not perform any strenuous activity or pick up anything heavier than a gallon of milk.

Nasal Irrigation: You are encouraged to use nasal saline spray on a regular basis after surgery once the packing is removed. You should spray the salt water into each side of the nose at least every 2 hours while awake. This will help with any crusting and facilitates your post-operative cleaning in the office.

Diet: There are no restrictions. You may choose a bland diet while taking the stronger pain medications and antibiotics to avoid upsetting your stomach.

Prescriptions: Your doctor will prescribe pain medication, salt water nasal spray, and prophylactic antibiotics. You should purchase over the counter Afrin or Neosynephrine nasal spray to have at home after surgery.

What to look out for: Call the office at 386-9089 if you notice any change in your vision, eye swelling, fever over 101.5, persistent bleeding, or pain not helped with the medication. You may need to be seen in the office or emergency room.

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