



INSTRUCTIONS FOLLOWING SEPTO-RHINOPLASTY

List of supplies you will need at home: Pick these up prior to the day of surgery.

1. 3% Hydrogen peroxide
2. Aquaphor Ointment
3. Cotton tipped applicators (Q-tips)
4. Gauze bandages (2X2) for drip pads
5. Paper tape
6. Afrin nasal spray
7. Neilmed Sinus Irrigation Bottle
8. Nasogel Spray

Day # 1 (day of surgery):

- Change the drip pad dressing under your nose as needed. You should expect red drainage and light bleeding the first 3 days. Do not pinch or manipulate your nose. If this becomes severe, sit down, lean forward and squirt 2-3 sprays of Afrin into the nose. If this doesn't slow or stop after 5-10 minutes, contact the office immediately or proceed to the nearest emergency room. Otherwise do not use Afrin.
- It is normal to have difficulty breathing through your nose for the first week after surgery. Dissolving packing and silicone splints are in the nose and limit airflow. These will be removed at your first postop visit. Decongestants will not improve this.
- DO NOT BLOW YOUR NOSE for the 1st week.
- Sleep with your head elevated on 2-3 pillows or in a recliner to minimize swelling.
- Apply ice pack for 10-15 minutes every 2-3 hours to help reduce swelling. It's not necessary to continue after the first 48 hours but you can for comfort.
- Rest for the first 24 hrs. Walking is O.K.
- Do not bathe or shower the day of surgery.
- Stop steroid spray (Flonase, Fluticasone, Nasonex, etc.) for 1 week after surgery
- Take prescription pain medicine as prescribed.

Day # 2-7:

- Clean around stitches on the outside and in the nostrils with peroxide using Q-Tips.
- Apply Aquaphor ointment liberally in nostrils and on stitches.
- Irrigate inside your nose with Neilmed irrigation 3-4x/day followed by Nasogel.
- Keep cast dry and avoid steaming hot shower or bath. **Steam will loosen the cast.**
- Sponge bath is O.K.
- To help reduce swelling, maintain low salt diet (less than 1,200mg salt per day)
- Begin alternating prescription pain medicine with Motrin or Aleve on day 5 and after. Motrin or Aleve will help reduce swelling in the nose.
- Cast and stitches will be removed by doctor in 5-8 days.

Do's and Don'ts

- **DO start Motrin (ibuprofen), or Aleve (naproxen) on day five following surgery.** For example, if your surgery is on Monday, begin Motrin or Aleve on Friday. Alternate prescription pain medicine with Motrin or Aleve. **Do not drive or make important decisions while taking narcotic pain medications.**
- **DO call your doctor** if pain is not relieved by medications or **pain is getting worse** instead of gradually better, or if **pain persists** at a moderate-severe level 48 hours after surgery.
- **DO NOT blow your nose** and do keep your mouth open when sneezing. **Do not pick your nose** or stuff objects in your nose such as a Kleenex. **Do not place anything in your nose (medications or otherwise)** unless detailed here or instructed by Dr Compton.
- **DO NOT use prescription Flonase, Fluticasone or Nasonex or any over-the-counter nasal sprays, for one month prior to and one week after surgery** unless directed. Stuffiness is normal following surgery and will NOT improve with decongestant (Afrin/Neosynephrine) nasal sprays. Nasal sprays may impair healing and/or cause severe damage to vulnerable nasal structures following surgery.
- **DO NOT engage in strenuous activity or exercise for two weeks** following surgery. Avoid bending, lifting or any activity that could cause sweating, flushing, overheating, or raise your blood pressure. Light cardiovascular activity is okay after 1 week.
- **DO NOT get your nose splint wet or expose it to steam** or it will become loose. It should remain in place until removed one week after surgery. If it is accidentally dislodged, call our office as it may need to be replaced.
- **DO NOT rest glasses on your nose for two weeks** following splint removal. If you must wear glasses, suspend them from your forehead at the nose-piece using tape. If it hurts to put on glasses, do not wear them.
- **DO contact our office at 248-855-7530, if you have any questions or concerns following surgery**



WHAT TO EXPECT FOLLOWING NASAL SURGERY

Certain physical changes are expected following nasal surgery. Some individuals experience all of the following others only some. The degree to which each person is affected is variable and unpredictable. You may experience changes that are not included in this list.

§ PAIN- The amount of pain is always variable, but usually pain is moderate only for the first 36-72 hours, then reduces to mild tenderness upon bumping the nose or other manipulation. The nose may remain tender or sensitive to touch for up to 3 months.

§ BLEEDING - bloody drainage is common in the first 48 hours after surgery. Blood-tinged nasal mucous may persist for 1-2 weeks following surgery. Profuse bleeding is unusual. Should this occur, sit down to lower your blood pressure. Spray Afrin in your nose. Only use this if bleeding. If this does not stop the bleeding call our office.

§ SWELLING - nasal swelling is expected and may not be really noticeable until after the splint is removed. The face may swell as well as the eyes, if this becomes severe contact our office. Most of the swelling will resolve in 2 weeks and the rest should subside in 4-6 weeks. Subtle swelling in the nasal tip may persist for 6-12 months.

§ BRUISING - Bruises following nasal surgery usually manifest as “Black eyes”. Most bruising will resolve in 2-3 weeks and may be concealed with makeup if desired.

§ BREATHING - nasal breathing may be difficult for 2-3 weeks after surgery due to swelling inside the nose. This “stuffiness” will subside gradually and **IS NOT** improved with decongestant nasal sprays which may actually cause damage to the nose and impair healing.

§ DISCHARGE - as noted above, blood-tinged nasal discharge is common following surgery and may persist for 2-3 weeks.

§ ITCHING/NUMBNESS - itching, numbness and a “wooden feeling” to the nose are common. All of these do subside, although, it may take months for your nose to feel completely “normal”. If you had septal surgery it is not uncommon to have slight discomfort of numbness in the upper central teeth. Nothing is wrong with the teeth and this feeling subsides in 2-4 weeks.

Questions, please contact our office at **248-855-7530**.

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