

RHINOPLASTY/SEPTORHINOPLASTY

Post-operative Instructions Following Nasal Surgery

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Call the office immediately if you have:

- A fever/temperature of 101 or higher
- Any unusual or painful swelling and redness
- Pain that is not relieved by your pain medication
- Any active bleeding soaking more than a 4x4 gauze
- Any purulent “pus like” drainage coming from the incision site

- 1. Right after Surgery:** Your main goal during the first few days to a week after surgery is to help the nose heal by minimizing swelling. You can do this by:
 - a. Keeping your head elevated at 45 degrees by either sleeping in a recliner or having several pillows behind your back
 - b. Apply an ice pack to your nose and eyes in the first 24 hours, only
 - c. Avoid bending over, heavy lifting or any other activity that makes your face or nose feel pressure.
- 2. Swelling and bruising:** Swelling & bruising will be at its most noticeable stage at around 2-3 days after surgery and will then start to subside. After the splint is removed, any residual bruising may be covered with makeup. Most bruising disappears by 10 days after surgery. Avoid the sun when you have bruising as it will significantly prolong resolution of bruising. Much of the swelling resolves in the first 6 weeks, but some swelling of the nose persists and will take up to a year to resolve, especially in the tip of the nose.
- 3. Nasal Splint:** Do not allow the nasal splint to get wet and do not manipulate the nasal splint. Keep the nose splint dry at all times. Your splint will be removed 6-14 days after surgery. You may also have internal nasal splints which will be removed at the same time as the external splint.
- 4. Dressings:** Change the drip pad under your nose as you need to and when it gets soiled. You may stop using it when drainage from your nose stops (usually around 1-3 days after surgery and up to 10 times a day).
- 5. Eating:** Start with light and soft meals. As you get more comfortable, you may progress to regular food. While your nose splint is in place, avoid foods that require lots of chewing as the excessive movement may cause loosening of the splint. Drinking fluids is very important after surgery; at least 1 quart a day (about a liter). Try to drink non-caffeinated fluids. Staying hydrated decreases the chance of experiencing nausea.

6. **Medications:** All of your medications will be prescribed for you during your pre-operative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Do not take your medications on an empty stomach; it can cause nausea. You only need to take the pain medication, if you have discomfort. Taper off the pain medication when your pain level begins to decrease during the first week after surgery.
7. **Driving:** Do not drive until one week after surgery and once you have discontinued taking your prescribed pain medication. If you are not comfortable driving at one week, please wait until you feel comfortable.
8. **Exercise:** Avoid exercise and aerobic activity for 6 weeks after surgery, or until given clearance by Dr. Behmand. While you may start some light exercises around 6 weeks, this could slow the resolution of your nasal swelling, or make it worse. Early heavy activity can also cause nose bleeds which are difficult to resolve.
9. **Glasses:** Avoid wearing sunglasses or seeing glasses for at least 8 weeks after surgery. Doing so may affect the final contour of your nose. Do not drive if you are unable to wear your prescription glasses or contacts.
10. **Flying:** Nasal surgery results in significant swelling inside the nose making the sinuses unable to adjust to changes in air pressure effectively. This may cause discomfort and pressure build-up while flying or driving down from mountains. Please do not travel by air for the first two weeks following surgery unless indicated by Dr. Behmand.
11. **Follow-up:** During your preoperative appointment, you will be given a printout detailing the dates and times for your surgery and your first postoperative follow-up appointment. This sheet will be in the black folder given to you at our office.
12. **24 Hour Answering Service:** If anything is urgently needed after 5 pm or over the weekend, please be aware that we do have a 24 hour answering service. You may call our regular office line at (925)939-9200 to reach the answering service for assistance.