

# POST OPERATIVE INSTRUCTIONS

SAFETY

HEALING

COMFORT

## Nose Surgery

- Incision**
1. Cleanse the incision at the base of the nose twice daily with peroxide diluted to ½ strength with water using a Q-tip. **DO NOT PUT Q-TIP UP YOUR NOSE.**
  2. Apply Bacitracin ointment twice daily after cleansing – **stop after 5 days.**
  3. You will probably have bloody drainage for the first 48 hrs. Change the drip pad as needed.
  4. Sutures and splint will be removed 7 days after surgery

- Splint**
1. You may have a splint in place when you wake up. Keep it dry to retain its shape.
  2. Do not put pressure on the splint; eyeglasses should be taped to your forehead rather than resting on your nose.
  3. **DO NOT REMOVE THE TAPE OR SPLINT** – even if it becomes soiled.
  4. The splint will be removed 7 days post op. You may wash this area with mild soap and water after it is removed. You may apply moisturizer as needed.
  5. After the splint is removed, do not allow any pressure on your nose for 8 weeks. Glasses should not rest on the nose but be taped to the forehead.

- Nasal Care**
1. **DO NOT BLOW YOUR NOSE FOR 3 WEEKS-** this can cause bleeding.
  2. If you have to sneeze – try to use your mouth instead of your nose
  3. Bruising, and swelling are normal. It may reach its peak at 48-72 hrs, then will dissipate with time
  4. The tip of your nose may feel numb and your front teeth may “feel funny” for several weeks. This will gradually dissipate.

## Activity

1. Rest with your head and shoulders elevated on 2 pillows for the first 2 days post op
2. Sleep only on your back until 2 weeks after the splint is removed – to prevent accidental bending of the nose
3. **DO NOT BEND FORWARD** for 2 weeks. (If you need to pick something up, bend from the knees with head erect.)
4. You may take a bath, but **DO NOT TAKE A SHOWER.**
5. You may wash your hair 2 days post op. (salon style, with your head back)
6. You may wear make-up as long as it does not interfere with the splint or tape
7. Contacts may be worn when the swelling is gone.
8. Strenuous activities should be avoided the first week. Increase activity level gradually.
9. Drive when off pain meds for 24 hours.
10. Avoid sunlight to incision for 12 months. Use UVA and UVB protection

- Meds**
1. Use prescribed pain med. only when you have pain. Take with food. **DO NOT** mix with alcohol
  2. **DO NOT** use aspirin or Advil
  3. Drink 8 glasses water/day to prevent constipation due to meds and anesthesia

**No Smoking** for 30 days. Smoking irritates the lining of your nose, which can cause coughing and sneezing that may lead to bleeding. Even second hand smoke will close capillaries, which provide essential blood supply to wounds for healing.

Post op appts will be 7days for splint, suture removal. Then again at 2 weeks

## Warning signs

**call: 972-566-7300**

1. Shortness of breath
2. Rapid swelling that is more pronounced on one side and is not relieved by pain meds.
3. Pain that is not resolved with medication
4. Temp. above 101.f
5. Excessive bleeding or drainage
6. Injury to your incision sites
7. Nausea, vomiting, diarrhea
8. No bowel movement in 2 days after surgery and after trying a stool softener, or any trouble urinating