

After Your Nasal Surgery

How you will feel

You will be drowsy and tired following surgery due to the medicines we have given you to make you comfortable. Most patients wake and doze on and off during the evening after surgery. The day following surgery, you may still feel a bit tired, but resume everyday activities as soon as you can. You may move about normally without fear of disrupting your surgery. Your energy will return more rapidly if you do.

If you have nausea

Although we give anti-nausea medicines before, during and after your surgery, it's still not unusual to have some nausea following surgery. Relax, decrease your activity and don't eat any heavy foods—just try some clear liquids. All nausea should resolve by 12 hours following surgery.

Discomfort

We've prescribed a pain medicine to be used as directed. Take a pain pill before going to sleep the evening of surgery (preferably after you have kept something in your stomach). Take another pain pill the morning following surgery since you may feel a bit stiff and uncomfortable when you begin to move about. After two days, extra strength Tylenol should control your discomfort well. **Do not use aspirin, Advil, Motrin, Ibuprofen, Alleve or similar medicines for two weeks before and after surgery.** These medicines cause bleeding and can damage your surgical result. Tylenol is the only over-the-counter medication that you can take if you choose not to take the prescribed pain medication. If you have questions about a medicine, please ask us before using it.

Swelling

You may expect some swelling and bruising around your eyes following surgery, which typically increases over the first 2 days after surgery. To reduce swelling and minimize bruising, we ask you to gently apply a **cool compress** (e.g., cold gel packs or Ziploc bag with frozen peas or popcorn kernels) to the eyes and upper cheeks **20 minutes every hour (while awake) for the first 3 days after surgery**. Please do not place the cool packs on top of the nose. If possible, sleep with your head elevated on two pillows. Most of your swelling should subside over 4 to 5 days. Rarely, your eyes may swell shut for the first 24 hours following surgery. If this occurs, please notify your doctor. In anticipation of swelling, you may be prescribed a Medrol dose pack. Please take this medicine as directed.

Fever

Fever of up to 101^o F following surgery is common. Please call us should your fever reach 102^o F

Nasal Discharge or Bleeding

A small amount of bleeding or nasal discharge will occur from your nose during the first 48 hours following your operation. This will gradually decrease over the course of the next several days. Change the gauze drip pad under your nose as necessary (usually several times a day at first). You may remove the gauze pad while dining to make it more comfortable for you to eat.

Heavy bleeding from the nose is very rare and usually not serious. Should it occur, try to remain calm, keep your head elevated, and apply ice compresses to the

side of the bleeding. Place a towel under your nostrils to absorb the blood, but do not insert cotton or paper into your nose as this may damage the result of your surgery.

Again, do not use aspirin-like compounds, since they can cause bleeding. Any heavy bleeding that lasts for more than ten minutes should be reported to us immediately—we may wish to see you emergently.

Antibiotics and Infections

You will need to take antibiotics as prescribed after surgery. Infection after nasal surgery is very rare. However, if you notice increased redness or swelling accompanied by tenderness, fever or discharge, please call us so that we may examine you.

External Nasal Cast

Try to keep the tape and external cast placed on your nose as dry as possible. We will remove it for you in the office in 5-7 days. **The morning of your first postoperative visit please get the external cast wet in the shower, as this makes it easier to remove in the office.** If your cast falls off before your first visit, do not try to reapply it and call the office to inform us.

Nasal Care

Do not blow your nose for the first 7 days following surgery--this may loosen crusts and cause bleeding. When you do begin blowing your nose, after your first postop visit, please blow both sides at the same time. If you must sneeze, sneeze with your mouth open. This will relieve pressure on the nose.

Keep your nostrils clean and free of drainage using Q-tips dipped in $\frac{1}{2}$ **strength hydrogen peroxide** (dilute 1:1 ratio with water). Reach inside the nostril only as far as the length of the cotton on the Q-tip. We also recommend **Simply Saline® nasal spray (2 puffs to each nostril every hour)** until you are seen at your first postoperative visit. This is very important as the saline helps keep the inside of the nose moist and prevent crusts from forming and blocking the airway tube of internal nasal splints. You should sniff IN with each spray. Again please do not blow out. Simply Saline is available over the counter at your local drugstore.

We also ask that you apply the prescription ointment (e.g. Mupirocin) to the inside of the nostrils and the small incision in between your nostrils with a Q-tip. This should be done 3-4 times a day **after** you have cleaned with peroxide and sprayed the saline.

Wearing Eyeglasses Safely

If you wear prescription glasses or sunglasses, you may tape them to your forehead with a small loop of tape passed around the nosepiece. Do not allow them to rest on the nose for the first 3 weeks after surgery. Remember that your glasses may require nosepiece adjustments for proper fit now that the shape of your nose has changed. When you first begin to wear your glasses, you'll notice indentations where they touch the nose. These indentations are not harmful and will become less noticeable as the swelling in your nose decreases. **Contact lenses** can be worn the day after the surgery.

Diet

Try to take only liquids or soft foods during the first 24 hours after surgery, and then increase your diet to normal as tolerated. Avoid very hot liquids and foods as these may cause bleeding.

Personal Hygiene

You may shower the day after surgery, but please try to keep the external nasal cast clean and dry. If possible, have someone wash your hair in the sink like they do at the salon. You may use a dampened washcloth to clean the other areas of the face.

Activity

During the evening following surgery, you should probably stay in bed with your head elevated on two to three pillows. You may go to the bathroom, but may need assistance.

Remember that the blood pressure in your face increases whenever you lower your head below the level of your heart--this may lead to nasal bleeding. Therefore, try to sleep on two or three pillows, and be very careful about bending over in the first two weeks following surgery.

You may slowly advance your physical activity. Aerobic exercise should be avoided for at least two weeks following surgery. In general, sports such as

running, weight-lifting, tennis, golf and swimming may be resumed in approximately two weeks following surgery. Contact sports such as volleyball, football, basketball and wrestling are prohibited for six weeks following surgery.

When in doubt, please ask your doctor before engaging in any physical activity that could damage the results of your surgery.

Numbness

The tip of your nose will be numb for the first several weeks following surgery. This is normal, and your sensation will return as the skin nerves regenerate following surgery. Your nose should return to normal 4-6 months after surgery.

You may also find that your upper lip and upper front teeth feel numb. This is due to a numbing of the nerves in the floor of your nose. This numbness is rarely permanent, and usually takes several weeks to resolve.

Airflow

As we change the external and internal shape of your nose, we change the pattern of air flowing through the nose. Many patients have temporary soft silicone splints placed inside of the nose during surgery. These splints stabilize the nose, keep the swelling minimized and allow you to breathe through your nose after surgery. Please use the saline as directed to ensure that the splints stay patent. It is not unusual for these splints to become blocked. If you are unable to get them open please call the office during normal hours. The splints will be removed by your surgeon at your first postoperative visit. Please avoid the use of addictive nasal sprays such as Afrin.

Medications

Please resume all your normal medicines unless specifically instructed not to by your doctor.

Questions or Difficulties

If you have any questions or problems during office hours, please call **410.266.3900, ext 142**

If you have any questions or problems after hours, please call **443.481.3024**.