

Post Operative Instructions: **Rhinoplasty (nose surgery)**

- Try and arrange to have either a friend or family member to pick you up and to stay with you for the first 24-48 hours in order to help you get settled in around the house.
- Everyone recovers from their anaesthetic differently. Some people feel no side effects while others are more noticeably affected, feeling tired and even sick for the first couple of days. Eat lightly with small meals throughout the day to minimise sickness. If necessary, cut food into small bite-sized pieces to facilitate chewing and digestion. Salty foods can contribute to fluid retention and swelling so limit these in the first 7-10 days. In order to avoid constipation, eat plenty of fresh vegetables and dried fruits. Overall, try to eat a balanced diet to ensure your body is getting all the important nutrients it needs in the immediate postoperative healing period.
- Drink plenty of fluids in the form of water and fresh juices, in the first few days after surgery. Avoid caffeine and carbonated drinks in the first few days. Dairy products in the first 72 hours after surgery can upset your stomach and make you feel sick and therefore it would be sensible to keep these to a minimum.
- Do wear comfortable front opening and loose clothing at night and in the day, that do not need to be pulled over your head. Due to the fact that there is likely to be some degree of soiling or staining from the suture sites, try to use old bed and pillow linen.
- You will be swollen and bruised for the first few days following surgery. The swelling usually peaks at 48 -72 hours postoperatively then starts to dissipate after this period of time. You should therefore try to sit upright as much as possible to help reduce the swelling. At night use an extra pillow. Do not put your head below the level of the heart and avoid any straining. Apply cool compresses to the face intermittently in the first 48 hours. Never apply ice packs directly on the skin; wrap them in a clean towel.
- Remember to take your Arnica tablets for one week after surgery. The bruising and swelling will start to subside after about 10-14 days, and most of the obvious swelling is gone within three weeks. Try and prepare young children (if applicable) in advance so that they do not get frightened by any swelling, bruising or sutures.

- You can expect to have an initial nosebleed immediately after surgery for the first 24 hours. A gauze bolster drip pad will be provided and changed as necessary. You will also have discomfort as you will not be able to breathe through your nose because of nasal packs.
- It is not uncommon to experience a dry mouth or sore throat initially after surgery. This may be due to the nasal packs (if applicable) which prevents bleeding post operatively, therefore vaseline and/or lozenges should be at hand.
- Should you experience any pain, you may take one or two pain relieving tablets (such as paracetamol) as required up to 4hourly. **DO NOT TAKE ASPIRIN OR PRODUCTS CONTAINING ASPIRIN** as well as any of the other preparations mentioned in the *DO'S & DON'T'S* section of your information brochure. These products will prolong or recommence bleeding.
- You will be swollen and bruised for some days, particularly around the eyes, which can occasionally look bloodshot. It is therefore imperative that you sit upright, even at night, as much as possible to help reduce the swelling. Avoid bending and straining. Apply cold compresses to the cheeks and eyes intermittently for 48 hours.
- You should abstain from alcohol during the first week following surgery.
- Remember to recommence any regular medication that you take (i.e. blood pressure tablets) as soon as you are able to drink, unless specifically instructed not to.
- You may drive after 72 hours.
- If your nose begins to bleed excessively, keep your head elevated; place a clean gauze around the nostrils and press the soft end of the nose gently for about 10 minutes, until it stops. If significant bleeding persists after this time then please contact the office of Mr. Karidis or call the hospital for advice.
- The outside of the nostrils should be cleaned with a cotton bud soaked in warm water or vasaline. The crusts on the inside of the nose usually clear away with time, avoid picking or placing anything into the nostrils.
- You may bathe, but you must be careful to keep the plaster dry until it is removed at about one week.
- You must not blow your nose for 3 weeks after surgery. If you happen to sneeze, try to do it with your mouth open to avoid pressure build up, although it usually does no harm.

- Following removal of the plaster, it is quite normal for there to be moderate swelling over the bridge and tip of the nose. By this time though, most of the bruising will have subsided and can be easily covered using light make-up. You may then wash your face, but avoid bumping your nose or rolling on it while you sleep.
- You may wear contact lenses following removal of the plaster. However wearing glasses or spectacles must be avoided for four weeks. If you must wear them then use tape to prop them on your forehead thereby avoiding pressure directly on the nasal bridge.
- Your nose may seem congested for several weeks following surgery. This is a normal condition that will eventually resolve. Avoid using nose drops, which may be habituating.
- After about 4 weeks you may resume non-body contact sport such as swimming, tennis, golf or horseback riding. Body contact or team sports such as volleyball, basketball, football and wrestling are not advised until 3 months. Avoid sun or sun bed exposure to the nose for two months. Use a factor SPF 30, for prolonged exposure.
- Burning, tightness, itchiness and puffiness are normal for the first few weeks. Any excessive discoloration or swelling should be reported.
- Remember healing is a slow and gradual process. Some subtle swelling - unnoticeable to anyone but you and your surgeon-will be present for many months especially in the tip. As a general rule, if one can feel a firmness in the nasal tip, then this means that swelling/scar tissue is still present and therefore the healing process is not complete. The final result can take up to one year to notice.
- You should contact us if any of the following occur:
 - a) Fever greater than 100o Fahrenheit or 38.5o Celsius.
 - b) Significant fresh bleeding not controlled by above measures.
 - c) Pain not relieved by two pain relieving tablets.
 - d) Any significant discharge from the nostrils after 48 hours.

**REMEMBER IF IN DOUBT, PLEASE ASK BY EITHER CALLING THE
OFFICE 9.30am – 5.30pm MON-FRI ON 0207 432 8727
OR OUT OF HOURS IN AN EMERGENCY PLEASE CALL THE PRACTICE
NURSE ON 07944 600 215. PLEASE LEAVE A MESSAGE AND YOUR CALL
WILL BE RETURNED AS QUICKLY AS POSSIBLE.**