

# GUELPH | FACIAL PLASTICS

## Septoplasty or Rhinoplasty Post-Operative Discharge Instructions

### Packing

- A gauze 'moustache dressing' has been taped under your nose. Replace this as often as required if it gets saturated with blood. You can remove it at your comfort
- A gauze packing has been placed inside each nostril. **Remove these the morning after surgery** by pulling firm and steady in a downward direction. Use a pair of tweezers to grasp the edge of the gauze. It is 4 inches long. Expect some blood or blood clot to be attached to the gauze. Once both gauze packs are out, start gently rinsing with saline (Netipot or Neil Med sinus Rinse)
- Some bleeding is normal after removing the packs, it should stop after rinsing
- There may be a splint inside of your nose that is attached to your septum, do not try to remove this. Dr. Brace will remove the splint at your follow up appointment.

### Nasal rinsing

- Use a Neil-Med Sinus Rinse (blue package), which is available at most pharmacies. The pressure you use should create a gentle stream up your nose, like water being poured from a teapot. Excessive pressure will not help and will cause pain
- **Irrigate your nose 4-5 times a day, starting the day after surgery when you remove the gauze packings**
- Rinse for 3 weeks to avoid scarring and to clean out blood, scabs, and mucus. The inside of your nose can take up to 12 weeks to heal and scarring that blocks your breathing is a risk if irrigation is not carried out
- Avoid blowing your nose for the first 2 weeks after surgery and use the nasal rinse instead to clear your nose

### Wound care

- You have a cast on your nose that will be removed at your 1 week follow up appointment. There are no special care instructions for the cast, do not remove it yourself
- If an incision was made, there are stitches holding your incision line, the incision was made at the base of your nose between your nostrils. **Twice a day, clean the incision line wound with a 50:50 mix of water and hydrogen peroxide on a Q-tip.** After you have cleaned the area with peroxide, **apply Vaseline or Polysporin.** Keeping the incision line greasy will help to minimize scarring
- Inside of your nose there are dissolving sutures. These will take a few months to fully dissolve. Keeping your nose moist by rinsing frequently will help them to stay clean and dissolve faster
- **Be gentle with your incisions, please do not pick at them**

### Medications after Surgery

- Take your antibiotic as directed until the prescription is finished
- Take your prescribed pain medication only as needed. Over the counter pain medication is usually sufficient after the first 1-3 days
- Use Tylenol (acetaminophen) 500mg every 4-6 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. You may use both at the same time

# GUELPH | FACIAL PLASTICS

- You may use decongestants (eg. Sudafed) and anti-histamines (eg. Claritin) if you find your nose is blocked even after rinsing
- Do not use Aspirin for 2 weeks after surgery to avoid nose bleeds

## Showering/Bathing

- Do your best to avoid getting your cast wet
- If you have a dressing on your ear keep it dry by covering it with a plastic bag and securing with an elastic band while showering
- Do not soak your incisions with water for at least 3 days
- You may shower or bathe as soon as you're comfortable while following these guidelines

## After your Surgery

- **Some bleeding is expected and is normal for up to a week after surgery. Keep your head elevated; apply ice packs gently to your cheeks; and avoid strenuous activity**
- A brisk continuous flow of blood is not normal. If this occurs, apply continuous gentle pressure to close your nostrils and tuck your chin in to your chest for 15 minutes. If after 15 minutes the bleeding continues, call Dr. Brace's office (during office hours) or head to your local Emergency Room (after hours)
- It is normal to feel like your upper lip and nasal tip are numb after surgery

## Activity/Driving

- **Medications you were given during your surgery will be acting in your body for 24-48 hours. Do not drive, operate machinery, drink alcohol or make important decisions in the 2 days following surgery. Someone must stay with you overnight**
- You may resume most activities of daily living the day after your surgery. **AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR for 14 days after surgery**
- You may return to work as early as 3 days after surgery if you feel up to it
- It is normal for your upper lip to feel like it does not move properly when smiling for the first few weeks after surgery. This will resolve
- Avoid wearing glasses and tight fitting masks for 6 weeks following surgery. We don't want any unnecessary pressure on your healing nose
- You may blow your nose 14 days after surgery
- Sneeze with your mouth open
- You will feel congested after surgery, this will improve slowly with time

## When to seek immediate medical help:

- Contact Dr. Brace's office during office hours, or go to the Emergency Room after hours if you have any of the following:
- A fever over 38.5°C (101.3F)
- Increasing redness with pain in your nasal skin
- You have difficulty breathing or chest pain
- You have heavy bleeding that does not stop
- You have nausea and vomiting lasting more than 2 days
- You develop a progressive headache WITH fever, vomiting and neck stiffness

Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status.

GUELPH | FACIAL PLASTICS