

GUELPH | FACIAL PLASTICS

- 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 anytime; it's only placed there as a drip catcher for 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 light bleeding is normal after removing the packs. Rinsing with saline should stop or slow the bleeding

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. Angle the rinse towards your septum, not outwards in the direction of your ear
- **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
- There are blue stitches holding your incision line, the incision was made at the base of your nose between your nostrils. **Twice a day, clean that area with a 50:50 mix of water and peroxide on a Q-tip**, gently clear off any scabs with the peroxide as they will otherwise hold on to bacteria. **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 couple 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
- Contact Nurse Jocelyn with any questions regarding wound care

FOR YOUR COMFORT

- Gently apply ice or a cool compress for 20 minutes every hour. Do this for the first 3 days to minimize swelling and control discomfort
- Sleep propped up on an extra pillow for the first week. This will allow you to breathe easier and decrease swelling
- Rinse often. This will help you to feel less congested and more relaxed
- Switch from the prescribed pain medication to regular Tylenol or Advil as soon as you can. This will prevent nausea
- In addition to rinsing, take an antihistamine if you aren't getting congestion relief from rinsing alone
- The stitches will be removed at your 1 week follow up along with your cast. You may wish to take Tylenol or Advil before this appointment to limit discomfort

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MEDICATIONS

- 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 day of recovery
- Use Tylenol (acetaminophen) 650mg every 4-6 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. You may use both at the same time
- 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

- Do your best to avoid getting your cast wet
- Do not soak your incisions with water for at least 3 days (showers are ok but no baths)
- You may shower or bathe as soon as you're comfortable while following these guidelines

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
- **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

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, this is expected to resolve within 3 months of surgery
- It is normal for your upper lip to feel like it does not move properly when smiling for the first few weeks after surgery
- **Avoid wearing glasses and tight-fitting masks for 6 weeks following surgery. We don't want any unnecessary pressure on your healing nose**

WHEN TO SEEK MEDICAL HELP:

PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone if you have any of the following or any concern of an urgent nature:

- A fever over 38.5°C (101.3F)
- Thick discharge coming from your nose or incision line
- 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.