

Rhinoplasty/Septoplasty Pre & Post-Operative Care

- Pick up Post-op medications at Pharmacy prior to the day of surgery
- Bromelain / Arnica (optional) If you purchase these products:
 - Start 3 days prior to surgery
 - Take on an empty stomach
 - Follow instructions on the box

- Post op medications – **START 1 DAY AFTER SURGERY**
 - Antibiotics 2x/day with food
 - Medrol 6 Day taper (6-5-4-3-2-1)
 - AYR Saline Spray twice a day
 - Mupirocin ointment intranasally twice a day
 - If mild pain, use OTC Tylenol, if moderate or severe pain use prescribed pain medication as directed.
- Night before Surgery
 - Go to bed early and get plenty of rest
 - No eating or drinking after midnight the night before surgery
- Day of Surgery
 - Do not use any make-up, lotions and/or perfumes
 - Remove all jewelry
 - If you wear contact lenses – bring in your lens case and/or glasses. You will be asked to remove your lenses prior to surgery.
 - Wear comfortable clothing
 - After your procedure, Dr. Saigal can be reached for emergencies regarding pain, infection or bleeding. If it is during business hours, please contact the office directly at 407- 636-5384.

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Rhinoplasty/Septoplasty Post-Operative Care

At home after Procedure:

Rest and try to sleep with your head elevated on 2-3 pillows. You may get out of bed to go to the bathroom. Eat light, soft meals as tolerated. Moderate bleeding from the nose is normal. The gauze dressing will collect the blood and should be changed as needed. Bleeding should decrease over the first 24 hours; you may have bleeding when changing positions quickly. Keeping an ice pack over the eyes will help reduce swelling and bruising; it should be used continuously until bedtime, DO NOT apply over nose or dressing. Take your medications as prescribed. You may shower with warm water only avoid the water hitting directly on the dressings. Try to breathe normally, however the internal swelling will cause you to feel very congested. The swelling/bruising will peak on your 2nd or 3rd day and start subsiding within 1-3 weeks.

Follow up care:

Eat before coming to the office for your post-operative visits. Do not blow your nose or sneeze through it for 7-10 days. Rest for the first week after surgery. Avoid excessive physical activities, hard chewing, lifting heavy objects (over 10 pounds), bending over or getting your splint wet. Avoid any physical activity that may cause overheating for 2 weeks. Avoid swimming for 1 month and diving for 2 months. We request that you not travel by airplane for at least 7 days after surgery.

Follow up visits:

After one week your splint will be removed; you may drive yourself to this appointment. Additional follow ups will be scheduled accordingly, typically at 6 weeks/3 months/6 months.

Healing Care:

After the splint is removed, avoid bumping or striking the nose. Clean the external nasal skin gently but thoroughly with mild soap. The use of alcohol and tobacco products prolong swelling and healing and is best avoided 2 weeks after surgery.

Do not expose your nose to sun for 4 weeks. Use a sunscreen (SPF 30) after surgery. Complete healing may take 3-12 months. It is to your advantage to return for all post-operative visits so that long-term results may be evaluated.

Please do not hesitate to call with any questions you may have.