

JAMES P. ANTHONY, M.D., FACS, INC.

PLASTIC SURGERY

## **RHINOPLASTY /SEPTOPLASTY (NASAL SURGERY) POST-SURGERY INSTRUCTIONS**

### **MEDICATION**

Please do not take Vitamin E, aspirin, Bufferin or any medicine containing ibuprofen (ie. Motrin) 10 days before surgery. Tylenol is fine to use as a mild pain reliever before and after your surgery. You will also be given prescriptions for pain medication and antibiotics to take to take after your surgery. The pain medicine can be taken every 4-6 hours if needed but the antibiotics should be taken until all the pills are gone. It is ok to start taking ibuprofen 36 hours after surgery. This may be taken with your prescription pain medicine and will let you stop taking the prescription medicine more quickly.

### **CLOTHING**

Please wear comfortable clothes (loose fitting –zip or button front) to surgery and continue for a few days post surgery.

### **ACTIVITY**

Please rest quietly in bed after surgery with your head elevated for the first 24 hours. We will either remove the packing for you the day after surgery or we will instruct you how and when to remove it yourself. It's easy. You may have a nasal cast/splint and tape on your nose. Please do not disturb these. It is important also that you do not move or rub your nose. (Remember that the nasal bones require six weeks to set properly. In addition, excessive motion may cause bleeding).

If you do have bleeding, please put your head back and apply ice packs to the nose.

Your nose will feel stuffy until the nasal packing is removed, usually within 24 hours. We will either remove the packing for you the day after surgery or we will instruct you how and when to remove it yourself. It's easy. Once this packing is removed, you may breathe gently through your nose; however, you may feel stuffy for the next several weeks after surgery until the swelling inside the nose subsides.

Please do not lean your head forward for 2 weeks. If you do have to bend over to pick something up, bend from the knees with your head erect. Please sleep on your back with your head elevated on a pillow following removal of the nasal splint.

Do not blow your nose for 3 weeks (if you must blow your nose, blow it gently without touching your nose and with your mouth open).

After the cast/splint has been removed in one week, you may apply a drop of mineral oil or a small amount of Vaseline at the opening of each nostril 3 times a day for 2 weeks to loosen any crust.

Following removal of the cast/splint, wash the nose gently three times a day with any mild soap.

You may eat anything following surgery, however, soft foods require less chewing and are generally easier to manage.

Please brush your teeth very gently for the first 2 weeks after surgery.

If you feel well enough, you may cook, go to the market, etc. the day after surgery, however, do not engage in strenuous activity for at least a month after surgery.

Please refrain from getting sun on your nose for 2 months. After that, please use sunscreen.

If you wear glasses or sunglasses, these may be taped to your forehead. Please do not allow glasses to rest on your nose for the first few weeks after surgery.