

RHINOPLASTY (Nasal Surgery)-discharge

WHAT TO EXPECT AFTER SURGERY

Pain: There is usually no real pain in the post-operative period. The usual complaints are those of discomfort due to headache and a feeling of stuffiness. Pain medication is made available in order to ensure optimum comfort post-operatively.

Swelling and bruising: These occur usually around the eyelids since these are the softer structures. The bruising is usually gone within 7-10 days as is a major portion of the swelling. Occasionally the white part of the eyes will become bloodshot. This is harmless and painless. Expect more swelling during the 2nd 24 hours than during the 1st 24 hours. There will be an unusual firmness to the tip of the nose due to the swelling and reaction of the surgical procedure. Subtle changes may persist for as long as a full year in some instances.

Bleeding: Expect mild oozing of the blood-tinged fluid for a few days.

Packing: The packing will be removed in the office 24-48 hours after surgery.

Splint: The splint will be removed in the office 5-7 days after surgery.

Breathing: Normal nasal breathing can take as long as two to three months to return due to the swelling inside the nose. Because of the manner in which the nose swells following surgery, it sometimes appears that the nose has been shortened too much. The appearance may be present for as long as 3 weeks but as the swelling subsides, the nose will come down and assume a more natural appearance.

Disposition: It is not unusual for a patient to go through a period of the "blues" and worry about the look of the nose. It must be remembered that it is impossible to judge the final results of surgery until all of the swelling has subsided.

POST-OPERATIVE CARE

Stay in bed propped up with 2 pillows into a semi-sitting position for the first 2 days following surgery. You should get up only for meals and to use the bathroom.

No visitor or phone calls, as excessive talking or laughing may cause bleeding.

Apply ice pads to your eyes continuously for the first 2 days. The more diligent you are about applying the ice pads, the less likelihood of prolonged swelling and bruising. To apply ice pads, soak gauze squares or a washcloth in ice water, squeeze out the excess water and apply directly to eyelids.

A liquid diet should be followed for the first 24 hours. Then a soft diet should be followed for the next four days. Excessive chewing may cause bleeding and increase the swelling.

Do not drink alcohol for 4 or 5 days.

Change the "mustache" dressing under the nostrils carefully and only as necessary. If oozing seems to become excessive, apply ice to the upper lip and stay in a semi-sitting position. If this does not stop the oozing in approximately a half hour, call the office and do not panic.

Do not remove the packing or tamper with the splint. Avoid bumping your nose and avoid bending over.

Brush teeth very gently for seven days after surgery. Use a warm mouth wash, with a gentle massage to the gums with the fingers. Toothpaste may be used in place of the mouth wash. Brushing your teeth with a firm toothbrush may cause bleeding.

Do not blow your nose for the first week. You may sniff in gently.

Do not smoke for the first week.

Do not sunbathe or get overheated for the first week.

Lightweight eyeglasses should not be allowed to rest on your nose for 2 weeks after surgery. If you must wear glasses, wrap one end of a piece of tape around the bridge of the glasses and affix the other end of the tape to your forehead, lifting the glasses off the nose.

Contact lenses may be inserted 1 week after surgery. Do not spend time looking in the mirror.

The nose is distorted for 1-2 weeks before it looks presentable.

RESUMING PHYSICAL ACTIVITY

The following are appropriate times. Do not resume these activities without first checking with your surgeon!

Driving: 7-10 days

Light workouts: 4 weeks. This includes jogging, hiking, etc.

Heavy workouts: 6 weeks. This category includes tennis, swimming, football, basketball, etc.