



Nasal Surgery Postoperative Instructions

- Expect some oozing and excess drainage from the nose. Replace the dressing underneath the nose as needed for drainage, once drainage has subsided, okay to leave off.
- Expect localized swelling and bruising to the face and neck. Swelling usually peaks by the 3rd day and slowly resolves.
- Bruising usually resolves near the end of the second week of healing. In order to minimize bruising, we recommend the following:
 - o Avoid herbal supplements prior to and after surgery.
 - o Consider drinking 8oz of pineapple juice 2 weeks before surgery and continue for 2 weeks after surgery.
 - o Arnica is a supplement that may be used to reduce bruising.
- Diet:
 - o **Minimize salt intake to less than 200 mg per meal, as excessive salt intake may prolong swelling after surgery.**
 - o **Drink plenty of fluids.**
 - o Following an anti-inflammatory diet which is high in lean proteins (i.e. free-range, organic chicken, wild-caught salmon), low in processed sugars, and high in green vegetables (i.e. broccoli and kale) is helpful.
- Restrictions:
 - o Do not smoke or use tobacco products.
 - o Do not drink alcoholic beverages while taking pain medications or antibiotics as this can worsen side effects.
 - o It is okay to wear glasses that rest on the cast. After the cast has been removed - no glasses allowed to sit on nose until cleared by doctor. It is okay to tape glasses up to the forehead if necessary.
- Activity:
 - o Recommend trying to maintain a normal sleep-wake cycle. Try and stay awake the day of surgery until a normal bedtime.
 - o Begin walking and performing basic activities of daily living the day of surgery.
 - o Avoid exertional activity for 5-6 weeks. We encourage walking. In general anything that causes excessive sweating or increases in heart rate should be avoided for the full 5-6 weeks.
 - o Excessive activity in the first 3-6 months may cause intermittent swelling - this will resolve with time.
 - o **Keep your head elevated on 2-3 pillows for the first 48 hours to reduce swelling in the early recovery period.**
 - o **Okay to bathe via sponge bath or with a detachable shower head 48 hours after surgery.**
 - **It is important to keep the face dry.**
 - Hair can be washed salon-style only - alternatively, dry shampoo is allowed.

- If there are any incisions in the hairline, avoid manipulation of those areas for 7 days.

Wound care:

- o **Perform nasal soak every 3 hours while awake (instructions attached).**
- o Apply bacitracin ointment to the sutures twice daily for 3 days, Vaseline twice daily for days 4-7.
- o Do NOT blow nose until instructed. Okay to wipe or dab nose gently with gauze pad or Kleenex if necessary.
- o Change dressing underneath the nose (mustache dressing) as needed.
- o The plastic cast will remain in place for 7 days. **Do not disturb the cast or get it wet.**
- o If bleeding occurs, elevate the head. If the bleeding does not resolve, call your doctor.
- o Camouflage make-up to disguise bruising can be applied 2-3 weeks after surgery. Green-tinted makeup is the most elective color to camouflage bruising.
- o Avoid sun exposure for 3 months. Use sunscreen that is at least SPF 30 which can be started 2 weeks after surgery as needed.
- Rib cartilage graft (if performed):
 - o **Make sure to mobilize and walk for at least 5-10 minutes every hour.** Take deep breaths and try to expand the lungs as this can prevent pneumonia.
 - o It is okay to get the incision wet after 48 hours.
 - o The stitches at the graft site are all dissolvable. The glue on top will fall off in 3-4 weeks.
- Ear cartilage graft (if performed):
 - o Avoid putting excessive pressure on the ear when lying down.
 - o The stitches behind the ear are dissolvable.
 - o **If a cotton ball is in place - keep the cotton ball dry.**
- Temporalis fascia graft (if performed):
 - o There is an incision above the ear with dissolvable sutures.
 - o This incision is okay to get wet after 48 hours.
- Fat grafting (if performed):
 - o Fat graft harvest sites will be closed with dissolvable stitches that usually fall out after a week or two.
 - o It is important to maintain compression on the harvest areas to minimize swelling, bruising, and discomfort.
 - If fat is harvested from the lower abdomen/flanks then an abdominal binder will be placed on after surgery. It is important to wear this for a majority of the time for the first 5-7 days.
 - If fat is harvested from the thighs, wear compressive shorts or athletic tights (i.e. yoga pants) for the first 5-7 days.
 - o Try and wear tight clothing over the harvest sites for an additional 2 weeks.
- Pain control:
 - o Initially, take up to 2 extra strength Tylenol every 6-8 hours.
 - o You may be prescribed a pain medication for breakthrough pain.
 - o Avoid aspirin, aspirin containing compounds or NSAIDs (Advil, ibuprofen, Motrin) for 3 weeks after surgery, okay to take after that.

- Drains (If present):
 - o **Irrigation drains** – These drains may be taped to the cheeks and have a blue attachment at the end. Syringes will be given to you prior to discharge from the surgery center for irrigation.
 - Fill the syringe with ciprofloxacin irrigation solution (the same medication you perform soaks with) and irrigate 0.5 cc to each drain you have.
 - Irrigation should be performed SLOWLY over 60-90 seconds.
 - o **Suction drains** - These drains may be secured to the cheek to help drain blood. A test tube will be used for collection of fluid. No immediate care is required on your end for the first day. The drains will be changed in the office on the first post-operative day.

If you have any questions or concerns, please call the office at 303.839.7980.