

## SEPTOPLASTY-RHINOPLASTY Post-Op Instructions

- Do not disturb your nose or the dressings except to change the drip pad on your upper lip, as needed.
- No strenuous activity for a week after surgery (anything that would increase your heart rate to over 100 beats per minute, or increase your blood pressure). Do not lift anything over 20 pounds. Do not engage in sports for 6 weeks following surgery. If you need to cough or sneeze, do so with your mouth open. You may wash your hair.
- For septoplasty surgery only—the hospital will schedule you an appointment for stent removal in the office 5-7 days after surgery. Take your pain medicine ½ hour prior to your removal appointment time at our office.
- There is often swelling in the nose. Sometimes one side or the other, and at times both sides will be blocked temporarily, but this gradually improves. It sometimes takes 3-6 months for the swelling to go down completely.
- There is often more crusting than usual for 1-2 weeks after surgery. To remove the crusts, you can irrigate the inside of the nose 2-8 times a day with salt water. Mix 1/8 tsp. table salt to 8 ounces (1 cup) warm water. Stand or kneel over a sink. Use a bulb syringe to draw up the solution and squirt it into each nostril (alternate sides until the whole solution is gone.) You can do this several times a day. Apply a thin coating of Vaseline or antibiotic ointment to the edge of the nostrils after the irrigations to help keep the nares from crusting.
- There may be more drainage than usual for 1-2 weeks. It may be desirable to wear a sling-type dressing with tape over the nose if this is excessive. Oozing will almost always slow down over time. Rest in bed with you head elevated on two pillows and try ice on the nose and cheeks. If the bleeding is especially heavy, please call our office. Gentle blowing of the nose is permissible, after the packing has been removed. You may have some numbness or swelling of the upper lip, this should resolve in a week or two. The numbness may be apparent for up to 3 months. Because of the numbness of the tip of the nose and lip, we suggest you wear protective creams when you swim or are in the sun.
- If you sneeze, sneeze with the mouth open. Avoid hot and spicy foods. Hot and spicy foods are known to increase nasal blood flow and nasal oozing. Preferably, you should not smoke..
- Never hesitate to call the office you have any questions or concerns. A nurse will be available to return your call during office hours.

## FREQUENTLY ASKED QUESTIONS REGARDING SEPTOPLASTY/RHINOPLASTY

**Q:** When may I blow my nose?

**A:** After a week you may blow your nose very gently, without any manipulation of the outside of the nose.

**Q:** When can I wear glasses?

**A:** For rhinoplasty—Not for 2-3 weeks. They will make depressions on the sides of the nose. If you have to wear glasses, you can suspend them from your forehead with tape. Contact lenses may be worn immediately.

**Q:** When can I return to school or work?

**A:** When you feel up to it (usually 5-10 days).

**Q:** What sports should I avoid?

**A:** You should avoid all sports in which flying objects may strike you in the face, and any contact sports for 2-4 weeks.