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After Nasal Surgery

You should be up walking with assistance on the evening of surgery and as much as possible daily thereafter. Try to ambulate each hour while awake. Do not spend hours at a time lying or sitting and avoid crossing your legs at all times. These practices will minimize the chance of developing blood clots in the legs (deep venous thrombosis or DVT), a potentially very serious condition.

During the first week, keep your head elevated at all times. When in bed lie on your back with your head on two pillows. When bending, bend at the knees with your back straight. After surgery short walks are encouraged as soon as the day after surgery. Have someone accompany you the first few times.

Continue to take the Arnica and Bromelain for two weeks. Do not take drugs on your "Medications to Avoid" list for two weeks. Take your prescription pain medication every four to six hours as needed. This is usually necessary for only one to two days. Substitute Tylenol (acetaminophen) for your prescription pain medication as soon as possible.

You will have a short length of packing inside the nose after surgery. The packing can be removed after twenty-four hours by pulling down on the black string at the end of it. A small amount of bleeding from the nose is expected. It usually stops after twenty four hours, although oozing may continue intermittently for several days. If you have persistent bleeding lie down with your head elevated and rest. If the bleeding does not stop within a reasonable period of time, call our office. It is normal to feel congested after surgery. This will gradually resolve as the swelling goes down inside your nose. Do not blow your nose for one month. Do not use nasal drops or sprays for eight weeks. Open your mouth if you have to sneeze in order to reduce the pressure through the nose.

At the conclusion of surgery the nose is taped and a plastic splint is applied. This will stay in place for up to one week and will be removed in our office during your first post-operative visit. This process is not painful. If you have stitches at the base of your nostrils, these will be removed at the same time.

Cold compresses should be applied to the eyes for the first 24 hours after surgery to help minimize swelling and bruising. Cold compresses can be applied in various ways that all work well: soaking 4x4 gauze pads in ice chilled water and placing them on the eyelids; placing a wet 4x4 gauze on the eyes then placing ice in latex surgical gloves over the gauze; or even store bought compresses found in the first-aid aisle at your local pharmacy. Doing this longer than 24

hours is not beneficial. You will need someone to help you do this at first. If a family member or friend is not available, we can arrange for a nurse.

Bruising and swelling are expected following surgery. Bruising usually resolves after one to two weeks. Swelling of the nose and soft tissue surrounding the nose will be apparent when the splint is removed. The majority of the noticeable swelling will subside by two weeks, though very subtle swelling may linger for up to one year. The final result of nasal surgery is therefore not evident immediately upon splint removal.

You may shower after forty-eight hours. Keep your back to the water to avoid getting your face and the splint wet. You may wash your hair at this point. You may wash your face around your nose with mild soap and water prior to removal of the splint. Do not splash water directly onto your face. Once the splint is removed the nasal skin can be gently washed with soap and water twice per day if oily. Do not probe inside the nostrils since this may cause bleeding. You may gently clean the outside rim of the nostril with a Q-tip moistened with peroxide. You should not use any makeup on the nose for two weeks but you may cover residual bruising under the eyes after one week.

Contact lenses may be worn as soon as they feel comfortable, usually two days after surgery. Eyeglasses may be worn over the splint. After the splint is removed, glasses should not be worn for three weeks. They will not feel comfortable on the bridge of the nose and should not rest directly on this area.

Eat a soft diet at first, avoiding foods that require vigorous chewing. You may resume a normal diet after two days. You may gently brush your teeth the morning after surgery. Avoid the lower teeth if you had a chin implant placed. Do not floss your teeth or gargle. Do not schedule any dental work for at least one month.

Driving, flying, and return to work is permitted one week after surgery. You should defer sexual relations for two weeks. After two weeks, you may gradually resume light exercise such as walking, using an exercise bike, or light weight lifting (5-10 lbs.). Heavy weight lifting and more strenuous cardiovascular exercise such as jogging or swimming can begin three weeks after surgery. Contact or ball sports (tennis, squash, etc.) should be avoided for at least six weeks to prevent injury to the nose.

Private Duty Nurses

Private duty nurses are available to provide personalized postoperative care. This is optional for most patients following breast reduction or mastopexy. The nurses that we use are registered nurses who have been hand selected by Dr. Hidalgo. They are independent contractors and charge a separate fee for their services (\$85 an hour). The nurses will work a minimum of an eight hour shift. Your nurse will monitor your surgical site, ensure proper positioning and assist you with medications and other needs.

Your private duty nurse will meet you at the office when you are ready to leave to escort you to your home or hotel. Plans for transportation should be made prior to surgery (e.g.,

car service, family car or taxi). If you plan to recuperate outside of Manhattan, you must provide transportation to and from the city for your private duty nurse. Traveling time is an additional one hour fee. Please be aware that arrangements for the nurse need to be made well in advance of your surgical date. We ask that you give 48 hours notice if any changes need to be made in scheduling. You may schedule for a private duty nurse during your preoperative appointment.

If you have any questions call the office and ask for one of our nurses.

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