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### After Nasal Surgery

- When sleeping keep your head elevated on 2 pillows for the first 7 days after surgery.
- During the day for the first 72 hours after surgery, apply crushed ice in an ice bag or Swiss Eye Pads to minimize swelling and bruising. Do not put pressure on the nasal splint.
- It is normal to continue to swell after the first 48 hours. Swelling reaches its peak at 48-72 hours.
- If you have pain, take the pain medication every 4-6 hours. It is best to take it with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol should not be used while you are taking a pain medication.
- If you feel anxious, take the anti-anxiety medication (Xanax) every 8 hours for the first 24-48 hours. **DO NOT TAKE SLEEPING PILL IF YOU TAKE XANAX.**
- Following surgery begin with a light diet: liquids only. The next day you can begin a soft, regular diet but for 2 weeks avoid foods that require excessive lip movement such as apples, corn on the cob, etc.
- You will probably have a bloody nasal discharge for 3-4 days and may change the drip pad under your nose as often as needed. Do not rub or blot your nose, as this will tend to irritate it. You may discard the drip pad and remove the tape on your cheeks when the drainage has stopped.
- To prevent bleeding, do not sniff or blow your nose for the first 4 weeks after surgery. Try not to sneeze, but if you do, sneeze through your mouth.
- While the nasal splint is on, you may have your hair washed at a salon. Take care to prevent the nasal splint from getting wet.
- **Keep the inside edges of your nostrils and any stitches clean by using a Q-tip saturated with hydrogen peroxide followed by a thin coating of Bactroban ointment. This will help prevent crust from forming. You are to advance the Q-tip into the nose as far as the entire cotton tip, but no further. You will not hurt anything inside your nose as long as you are gentle in your actions.**
- Avoid strenuous activity (INCREASING YOUR HEART RATE ABOVE 100 BEATS PER MINUTE, - i.e. aerobics, heavy lifting, and bending over) for the first 3 weeks after surgery. After 2 weeks you should slowly increase your activities so you will be back to normal by the end of the 3rd week.
- Avoid hitting your nose for 6 weeks after surgery.
- After the splint is removed, do not wear glasses or allow anything else to rest on your nose for 4 weeks. Glasses should be taped to the forehead. (We will show you how.) Contacts can be worn as soon as the swelling has decreased enough for them to be inserted.

- The incision of your nose is sensitive to sunlight after surgery. Protect the incision line from sun exposure for 12 months. Wear a wide brim hat and/or a good sunscreen (SPF-20 or greater) with both UVA and UVB protection if you are in the sun, in water or on snow for prolonged periods.
- The nasal splint will be removed 7 days after surgery.
- After the nasal splint is removed, the nose can be washed gently with a mild soap and makeup can be applied. Moisturizing creams can be used if the nose is dry.
- The tip of the nose sometimes will feel numb after rhinoplasty and occasionally the front teeth will feel “funny.” These feelings will gradually disappear.
- Much of the swelling will be gone in 2-3 weeks after surgery. It often takes approximately 1 year for the last 10% of the swelling to disappear. Your nose may feel stiff when you smile and not as flexible as before surgery. This is not noticeable to others and things will gradually return to normal.
- Take your medications carefully and only as directed.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, or if you develop a fever (temperature greater than 101°), develop redness or have increased pain at the site of your surgical incisions, call the office immediately.
- After your sutures are removed and the internal/external splints are removed it is recommended that you use a saline solution (salt water) (Ocean or Ayr Nasal Spray) two squirts, each nostril, 4-5 times daily, to gently remove crusty formation from inside your nose, especially if you had internal nasal surgery such as septal reconstruction or inferior turbinate resection.
- It is important to be seen by Dr. Chadab after your initial post-op checks. She will see you in follow-up appointments at 3 weeks, 6 weeks, 3 months, 6 months and 1 year post-op.
- **IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. Chadab**
- If you are a patient, please call between the hours of 9:00-5:00. If you need immediate care, please call Dr. Chadab anytime on her cell. There is no such thing as a minor question. We would rather you call than wonder and not do the right thing.