TOTONCHI
PLASTIC SURGERY

Care After Rhinoplasty/Septoplasty

This page contains answers to frequently asked questions regarding your care after a rhinoplasty/septoplasty procedure.

Appearance:

- You may notice considerable swelling and bruising of the nose, forehead, upper eyelids, cheeks, and area beneath the eyes.
- The swelling will peak post-op days 2-3, then will slowly resolve in approximately 10-14 days.
- You will have internal stents which are secured in place, and paper tapes on the exterior of your nose with a splint over top. These splinting devices will remain intact for up to 2 weeks.
- The only dressing you would be changing is the piece of gauze under your nose for collection of nasal discharge. You may change this pad as needed.
- Expect bloody drainage from the nostrils for the first 2-3 days. **Do not blow your nose or pick at the crust in your nose.**
- If the external splint loosens or falls off before your scheduled post op follow up appointment, please call the office to have the splint reapplied. Open your mouth to sneeze to relieve excess pressure in the nose.
- **Do not wear glasses for 6 weeks after surgery. If you must wear glasses, please speak to our nursing staff for guidance on how to protect your nose.**

Activity/Bathing/Sleeping:

- **Avoid exertion, straining, bending or lifting for 2 weeks after surgery**. We will discuss activity restrictions and limitations at your post op visits.
- We encourage walking short distances for the first few post-operative days and then progress as tolerated.
- No contact sports for 2 months post-op
- Depending on the type of work you do, you should be able to return to your job as soon as you are comfortable.
- If your job does not require heavy activity, you should be able to go back in 1-2 weeks. Keep in mind you will have nasal split for up to 2 weeks.
- **Do not shower until your nasal splint has been removed**, as the steam of the shower can loosen the adhesive holding the splint secure.
- You may bath and wash your hair with assistance. Do not to get your nasal dressings wet.
- Elevate your head by sleeping in a recliner or propped up in bed on several pillows for the first 3-5 days after surgery to help minimize bruising, swelling, and discomfort.

- A room humidifier/vaporizer will assist to keep nasal secretions more liquefied to aid in draining of nasal passages.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- Do not drink alcohol for a couple days after your surgery or while taking narcotic pain medicines
- Limit your salt intake to help decrease swelling.
- Please refer to the "Medications and Foods to Avoid" List provided in your Pre-Surgical email sent

Medications:

- We will prescribe an antibiotic, nausea medication, a stool softener, and pain medication for you. Follow the directions on the bottle for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home, and do not attempt to drive while you are taking prescription pain medication.
- A few days after surgery, most patients will find that Tylenol will take care of the discomfort
- **Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.**

Post-Operative Appointments:

- You will be seen 1 week post op, to be sure your splint is secure. Your next appointment will be 2 weeks post op for removal of stents and splints.
- You will then be seen 1 month, 3 months, 6 months and a final check at 1 year, and as needed/requested

Post-Operative Concerns: Urgent problems after rhinoplasty surgery do not occur frequently. Listed below are complications that require a change in post-operative and a call to the office:

- **Bleeding** that is profuse or uncontrolled or a sudden increase in bleeding
- **Fever** greater than 100.4 degrees Fahrenheit (38 degrees Celcius) that does not respond to medication
- **Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your legs. If you have swelling in one or both legs please notify the office immediately.
- **Breathing Problems** after rhinoplasty are rare but can be a serious complication. If you develop any chest pain or shortness of breath, go to the nearest emergency facility and call the office.
- **Loss of consciousness**
- **Medication reactions** may occur with the drugs prescribed to you. If you develop a skin rash, itching, vomiting, diarrhea, or other adverse reactions, please stop taking the medications and call the office.

We are always available if you have any questions, please call 440-461-7999.