

FACIAL PLASTIC SURGERY OC

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Facial Plastic and Reconstructive Surgery ♦ Nasal and Sinus Surgery ♦ Head & Neck Surgery

NASAL SURGERY – PATIENT INFORMATION AND INSTRUCTIONS

Nasal surgery can be divided into procedures that affect the internal nose and those that affect the external nose. Internal procedures usually consist of procedures that will help with breathing or involve opening the sinuses. External procedures usually involve changing the external appearance of the nose (removing a hump, straightening the nose, changing the appearance of the nasal tip). Most nasal surgery will at least involve internal procedures and may or may not involve external procedures.

The following information and instructions will help you prepare for your surgery and inform you of what to do and expect after your surgery is performed.

Pre-Procedure Instructions:

- 1) Do not eat or drink anything past midnight the night before your surgery.
- 2) You will be contacted by the surgery center the day before your surgery to explain any other instructions and what time to report to the surgery center.
- 3) You will need to arrange for transportation home after the surgery – you cannot drive after receiving anesthetic for these procedures.
- 4) You can minimize postoperative swelling and bruising by starting the following supplements 3 (three) days before surgery and stopping 1 week after surgery:
 - Arnica Montana (30x) tablets – take as directed on bottle
 - Bromelain 500 mg – Take one tablet per day

These supplements can be found over the counter at any health food, vitamin, or supplement store. If you have any reactions to these supplements stop them immediately.

- 5) Alter your sleeping habits ahead of time; if you are used to sleeping face down, begin sleeping face up a week or two before your procedure.

Post-Procedure Instructions:

- 1) Return home after the procedure to rest.
- 2) Your throat may be sore for the first 1-2 days after the surgery.
- 3) It is normal to have some bloody and mucous drainage from the nose for a few days after surgery – you can loosely apply gauze dressing under the nostrils with tape to absorb this drainage.
- 4) You should keep your head elevated as much as possible after surgery. When sleeping you can use a couple of pillows to keep the head elevated.
- 5) If you have bleeding from the nose that becomes rapid and constant you can attempt to stop the bleeding by sitting upright, pinching the bottom portion of your nose, applying an ice-pack to the outside of the nose and spraying Afrin nasal spray into the nose.
 - If after 15 minutes the bleeding continues to be rapid and constant you should contact the office or report to the emergency room.
- 6) You may have plastic splints placed inside the nose temporarily to assist with healing.
- 7) You may use a humidifier in your bedroom when you sleep to help moisten the air, you will be breathing from your mouth if you have splints put in.
- 8) If you have splints placed inside the nose you will be placed on antibiotics to prevent infection.

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- 9) You should irrigate the nose with nasal saline (Simply Saline, Neilmed, Ocean Spray, etc.) 3 times per day starting 1 day after the procedure – this will help clear residual mucous and blood clots – you should do this even if splints are placed in the nose.
- 10) You will be given a narcotic medication (Vicodin, Tylenol #3, etc.) for pain. You should only need this for a few days. It is best to try and use regular Tylenol instead of the narcotic as soon as possible. The narcotic medication can cause some constipation so you may want to start an over the counter stool softener to maintain regularity. Please take it with food because it can cause nausea and vomiting.
- 11) You can start ibuprofen for pain starting 24 hours after surgery. If you are having any bleeding, do not start ibuprofen until at least 24 hours after the bleeding has stopped
- 12) You can return to light activity the day after surgery. You should not perform any heavy physical activity until 10 days after surgery.
- 13) You can shower the night of surgery but try to keep any external bandages dry.
- 14) You will be scheduled a follow up at about 1 week after surgery. At that time any nasal splints will be removed and further instructions will be provided. Most patients are able to return to their normal lifestyle after this visit.

Additional Post-Procedure Instructions for External Nasal Surgery:

- 1) If you are taking supplements for swelling, continue these for approximately one week after surgery.
- 2) You will likely have some taping or a cast placed on the outside of the nose – leave this intact and dry. This will be removed at your post-operative visit.
- 3) When washing your face, you should try and keep any nasal dressing dry. If it gets wet, just dab it dry. Do not rub or attempt to remove this dressing.
- 4) You should apply ice to the outside of the nose, over the dressing, frequently for the first 48 hours after surgery. Placing ice on the nose for 20 min every hour, while awake, will significantly reduce swelling and bruising.
- 5) It is normal to develop bruising under the eyes after this surgery. This typically resolves in about 1 week.
- 6) The outside of the nose may be unstable for the first two weeks after surgery. Do not put any excessive pressure on the nose, unless you have to pinch the bottom to prevent bleeding. Also, be careful not to sleep with your face in the pillow as this may place pressure on the nose and could influence the way in which it will heal.