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POST-OPERATIVE INSTRUCTIONS

Rhinoplasty, Septoplasty, Repair of Vestibular Stenosis, or Reduction of Inferior Turbinates

Medications:

1. For *3 weeks before and after surgery*, avoid NSAID medications (ibuprofen, Motrin, Advil, Aleve and Naproxen) or aspirin.
 - a. These medications, along with some herbal remedies, will increase the risk of bleeding after surgery.
2. Discuss the use of Plavix, Warfarin, Coumadin, Vitamin E, or any other blood thinning medications with your surgeon.
3. You will receive a prescription for a narcotic pain medication and an antibiotic. You may also have a prescription for an oral steroid medication with a tapering dose. Take these medications as prescribed.
4. Acetaminophen (Tylenol) may be taken instead of your pain medication for mild discomfort. Check to see if your prescription pain medication contains acetaminophen before taking these medications in combination.

Dressings and wound care:

- If you have a dressing over your nose, do not remove it and avoid getting it wet.
- If you have a dressing on your ear, do not remove it. Keep the incision underneath the dressing covered with antibiotic ointment at all times - reapply 3-4 times per day.
- ***Use saline spray to both sides of the nose: 2 sprays to each nostril 5 times per day for 2 weeks. This will help to keep the tubes in your nose clean and open. **Use the saline spray even if you are starting to develop hard clots/scabs in the nose***
- Place antibiotic ointment in both nostrils 3-4 times per day. Do this by placing a pea-sized dollop at the opening of each nostril, waiting 60 seconds, and then gently sniffing in to coat the nasal lining with ointment.
 - o If you have an incision at the base or at the top of your nose, place ointment there at the same time.
- As long as you do not lose sight of the cotton tip, you may clean the nostrils gently with a Q-tip.
- When showering/bathing, use lukewarm water and maintain good air circulation to prevent steam from loosening the tape securing your dressing.

****For harvest of autologous rib cartilage—you will have an incision located along the chest wall. You will have steri strips to the incision and you may have a clear dressing (Op site) located over the steri strips—ok to leave intact until your first post-operative appointment. You may shower after 36 hours, and pat the area dry. IF the dressings became loose, ok to remove and leave open to air or cover with a dressing as needed until your first post-operative appointment. NO wound care is needed to this incision since typically the steri strip tapes and tissue glue will remain intact for the first one week. Be gentle with raising arm and wear a non underwire bra or light support bra if needed for support to decrease any tension on the incision. No heaving lifting and be careful with using this arm and no aggressive pushing movements that may place tension on the incision. An abdominal binder is commonly provided after surgery, and may be worn throughout the day/night to help brace the chest.**

Diet: You may return to your regular diet after surgery. Avoid alcohol during the healing process.

Activity restrictions for the next 2 weeks:

- Do not lift, strain, bend past 90 degrees or engage in exercise for 2 weeks following surgery.
- Do not blow your nose for 2 weeks. After 2 weeks, you may gently blow one nostril at a time.
- Sleep with the head of your bed elevated at least 30 degrees for 2 weeks.
- Do not operate a vehicle of any kind, or heavy machinery, until you have been off of your prescription pain medication for at least 24 hours.
- You should not smoke - this will negatively affect the healing process.
- Do not return to work until your physician instructs you to do so.

Slight oozing or blood-tinged drainage from the nose is normal, and should be expected. Expect to change the gauze taped under the nose every 15 minutes for several hours, then every hour or two for the next 1-2 days. Bleeding will decrease steadily over this time, and you should expect to no longer need a dressing 4-5 days following surgery.

To help control excessive bleeding over the first 2-3 days, you may use 2 sprays of Afrin or Neo-Synephrine, repeating every 5 minutes if bleeding continues. If you have heavy bleeding from the nose that does not stop after 30 minutes, call the number provided above for further instruction, or go to the closest Emergency Room.

You will have an appointment with your Surgeon approximately one week following your surgery. At that time, any dressings and sutures that need to be removed, as well as the stents inside of your nose, will be removed. Always feel free to call with questions or concerns prior to that time. You can call the office number provided at the top of this sheet any time day or night and speak with a nurse or physician on call who can help to answer any question you might have.