

Post-Operative Care Instructions Rhinoplasty/Septoplasty

ACTIVITY & DIET

Observe the patient carefully during the ride home so that if vomiting occurs, assistance can be given. Do not give drinks in the car as patients may experience motion sickness after surgery.

We strongly suggest that the patient is taken straight home from the hospital. If you are unable to stay home with the patient, you should go over the instructions you have been given with the responsible adult who will care for the patient. The patient may be a little sleepy and unsteady on their feet for many reasons: anesthesia used during surgery, medications used to treat nausea, vomiting or pain, and interruption of normal sleep habits.

Patients who have undergone general anesthesia or sedation should not drive any motor vehicle or operate machinery with blades or fans, or drink alcoholic beverages for 24 hours or while taking prescription medication for pain. No medication should be taken unless ordered or approved by the surgeon.

- You may resume your normal diet and activity as pain allows. Take short walks several times a day
- Try to “take it easy”. Don’t start any major projects in the next few weeks
- No nose blowing
- Avoid bending at the waist, straining, or heavy lifting (nothing greater than 20 pounds)
- Sleep with your head elevated on extra pillows or in a recliner
- Do not use a CPAP machine until cleared by your doctor
- Nasal congestion, fullness, facial pain, headache and disrupted sleep are common early after surgery. This will improve as your recovery progresses.

DRESSING & WOUND CARE

- You may shower **2 days** after surgery. Let soap and water run over the incisions. You may gently wash your incisions and pat dry gently
- Apply the provided antibiotic ointment to your incisions twice daily
- A small amount of bleeding from the nose or spitting up bloody mucus is common. If you have bleeding from your surgical site, hold firm pressure for 10 minutes; this should stop any bleeding
- Notify your doctor if you have uncontrolled bleeding (constant dripping/running from the nose or mouth)
- Avoid submerging your face until cleared by your surgeon. No chlorinated swimming pools for 4 weeks after surgery. No swimming in open water or submerging in hot tubs for 6 weeks after surgery

MEDICATIONS

- Purchase saline nasal spray and use for nasal congestion and irrigation several times a day
- You may use Tylenol (acetaminophen) or Advil (Motrin/Ibuprofen) for pain. Take these medications as directed on the label
- You may be prescribed additional pain medication if needed. Do not drive vehicles or operate heavy machinery while using narcotic pain medications
- Resume taking your preoperative medications unless otherwise instructed by your surgeon

WHAT TO WATCH FOR:

Report the following signs or symptoms to your doctor:

EXCESSIVE BLEEDING • FOUL SMELLING DRAINAGE • REDNESS OR SWELLING AT INCISION SITE • PERSISTENT NAUSEA OR VOMITING • TEMPERATURE OF 101° OR ABOVE • SEVERE OR WORSENING PAIN • LOSS OF VISION

You may call the office at any time at **928-774-2300**. A surgeon from our practice is on-call and available 24/7

RETURN APPOINTMENT: You should be scheduled to see your surgeon 1 week after your surgery. If you do not already have an appointment scheduled call the office to schedule