

## Septorhinoplasty +/- Turbinate Reduction Postoperative Care

- ❖ After surgery, you will have a cast and/or a gauze dressing under your nose to absorb drainage. You may remove the gauze dressing after you return home and replace it with clean gauze and change when it is soiled especially in the first 24 hours. Do not remove the nasal cast for 7 days. Keep the cast dry until it is removed by your surgeon. If the cast falls off, clean the sides of your nose and re-tape the cast back on with bandage tape. The cast will help to minimize swelling. Your surgeon will remove the cast at your post-operative visit. Afterwards, it is recommended that you wear the cast when you sleep for another 3 weeks.
  - ❖ If you have sutures on your nose, clean the incision with half-strength peroxide on a Q-tip, gently rolling the Q-tip over the incision in order to remove crusts. Then apply antibiotic ointment or Vaseline daily on the incision and just inside your nostrils on both sides carefully. Absorbable sutures may fall out on their own in a few days. Do not be concerned if they fall out prior to 1 week.
  - ❖ It is not unusual to have blood stained drainage from your nose for two to three days after surgery. It is also not unusual to have nasal congestion, headache or a low-grade fever after your surgery. You may have pain or numbness in your front teeth and hard palate after surgery as well as bruising around your eyes and swelling. These symptoms are temporary and should improve. You may use cool compresses or cold washcloths over your forehead and eyes especially in the first 72 hours to minimize pain and swelling.
  - ❖ Do not blow your nose for 2 weeks after surgery. If you must, blow gently. Do not be alarmed if a dissolving suture or small gelatinous material falls out, this is normal.
  - ❖ Avoid pressure on your nose for 3-4 weeks. If you wear eyeglasses, once the cast is removed, tape your glasses on your forehead to avoid pressure on your nose. Avoid wearing pull over clothing.
  - ❖ Do not bend, lift or strain for 2 weeks after surgery. These activities will promote bleeding from your nose. No contact sports for 6 weeks or until cleared by your surgeon.
  - ❖ Do not suppress the need to cough or sneeze; instead, cough or sneeze with your mouth open.
  - ❖ Do not take aspirin and nonsteroidal inflammatory drugs (ibuprofen, naproxen, Advil, Motrin, Aleve, etc.) for a full 7-10 days after surgery.
  - ❖ Sleep with your upper body elevated for the first few days after surgery in order to decrease swelling.
  - ❖ Take your prescribed medications as directed by your physician. Do not drive, operate any machinery, or drink any alcohol for 24 hours while taking narcotics.
  - ❖ If you are taking blood-thinning drugs (Coumadin, Plavix) upon the recommendation of a physician, please ask your physician about the best time to resume these medications.
  - ❖ If you experience a sudden increase in nasal bleeding, spray over the counter Afrin (oxymetazoline) nasal sprays (2 sprays each side). Avoid using Afrin for more than 3 days. If you are unable to stop bleeding, call the office or go to the emergency room.
  - ❖ In general, you may resume other medications on the day after surgery. If you have questions, please ask your physician.
- POST-OPERATIVE VISITS**
- Call our office for your follow up appointment if you do not already have one scheduled. Your first post-operative visit will typically occur one week after surgery, where the cast will be removed, along with any non-absorbable sutures. You will be seen a few weeks and thereafter a few months afterwards for post operative visits as well as pictures. Swelling often takes 6 weeks to resolve and healing will occur over one year.

Please call immediately if you note fever (above 101 ° F), continued bright red bleeding from the nose that saturates gauze pads every 5 minutes for one hour despite Afrin nasal sprays, or worsening congestion and pain despite medications. Do not hesitate to contact our office for any questions and for any possible emergency situation.

If necessary, do not hesitate to go to the emergency room for immediate care. All emergency situations must be referred to St. David's North Austin Medical Center (12221 N. Mopac Expwy 78758 (512) 901-1000).