

## Postoperative Rhinoplasty Instructions

### **How You Will Feel**

You will be drowsy after surgery. We have given you medicines to help make you more comfortable. Expect to wake and doze on and off during the evening, and simply make yourself comfortable when you get home.

### **If You Have Nausea**

It's not unusual to have some nausea following surgery, particularly if you get up and start to move around too soon. Don't ingest any heavy food until the nausea abates. Keep with clear liquids during this time.

### **Bleeding, Bruising, and Swelling**

You will have to change the white gauze taped under your nose several times the evening after your surgery. It will be stained with a small amount of blood. This is totally normal. The bleeding will decrease after 24-48 hours.

It is normal to develop swelling and bruising around the nose and eyes after surgery.

**Arnica Montana** (a homeopathic medicine) may help reduce swelling and bruising. The pills dissolve under your tongue. You may start this medicine one day after surgery. These pills are available at most health food stores. Follow the directions on the label. Eating **fresh pineapple** (not canned) may also help with postoperative swelling and bruising.

Expect to have some more swelling when you wake up the morning following surgery. If you can comfortably sleep with your head elevated on two pillows, then do so, as this might reduce your swelling slightly. However, it is more important that you sleep well, even if on one pillow, since the swelling will subside anyway over the next few days.

### **Pain Medicines**

You will be given a prescription for pain medicine. Try to take a pill before retiring the evening of surgery (preferably after you have kept something in your stomach to avoid stomach irritation.) If the pain pill agrees with you in any way, simply try extra strength Tylenol – most patients find that by the first day after surgery Tylenol is perfectly adequate.

Do not take medicine containing aspirin, naprosen, Motrin/Advil (ibuprophen), or vitamen E for one week after surgery. These can cause bleeding.

### **Activity**

Try to rest for two days after surgery. If you wish, you may resume light activity such as walking the day after surgery. Do not bend down or lift objects off the floor.

Avoid strenuous exercise for four weeks after surgery

**Taking Care of Your Nose**

Do not blow your nose. It will be congested, and possibly packed with gauze following surgery. If you have to sneeze, then do so via an open mouth.

You might have skin incisions. It is very important to keep these clean. Do not allow dried blood to remain on the incisions. This can impair healing. Use cotton swabs and hydrogen peroxide to gently remove dried blood.

You may take a bath/shower the day after surgery. Keep the tape on your nose dry and intact for as long as possible. Dr. Fozo will remove the tape. You may carefully trim the edges if they begin to peel.

Avoid babies, dogs, and tennis balls (anything that may strike your nose).

**Your Cast**

If a cast was placed on your nose, make sure it stays on all day for the first week after surgery. If it falls off, tape it back on. The cast will be removed after the first week. Keep it and wear it at night for the next two weeks.

**Nasal Sprays**

The use of Saline Nasal Spray is encouraged. Spray 2 puffs in each nostril at least 3-4 times each day. Do not be surprised to see blood clots or pink nasal discharge after using the saline.

Do not use other nasal sprays unless instructed to do so by Dr. Fozo

**Glasses**

You may gently place your glasses over a nasal cast if one is present. Try not to wear your glasses for at least three weeks after your cast is removed. If you must wear them, you may tape them to your forehead with a small loop of tape passed over the nose piece.

Dr. Fozo might fit you with a special pair of glasses to encourage the nose to heal in the desired way.

**When Will the Swelling Resolve?**

Remember, your nose will continue to change for up to one year after surgery. Swelling is always different on the two sides. Don't worry about any asymmetries for at least a month after surgery.

The tip area especially might be swollen, firm, and/or numb for weeks, possibly months. This is normal.

**If you Have Questions or Problems**

Call Dr. Fozo immediately if you experience any of the following: an abrupt increase in pain, bleeding, or swelling. Visual changes. Severe headache or fever. Office: (586) 263-7400.