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RHINOPLASTY POST-OPERATIVE INSTRUCTIONS

It is in your best interests that you do not make important decisions, operate complex or dangerous equipment, drink alcohol or do anything which requires you to be alert and co-ordinated for 24 hours after sedation. This includes driving a motor car.

1. FOR DAY SURGERY PATIENTS IMMEDIATELY AFTER SURGERY

- a) Return home escorted and rest quietly in bed with the head straight and elevated on two pillows
- b) Iced compresses, applied to the eyes during recovery, should be continued for the next 24 hours to help reduce bruising and swelling. Bruising and swelling is not uncommon and may cause the eyelids to shut. It is harmless and will settle over the next day or two.
- c) For pain relief, take Panadeine Forte, 1 to 2 tablets every 3 to 4 hours. Do not take more than 8 tablets a day. For mild discomfort, take Panadol or Tylenol in similar doses. **Avoid Aspirin.**
- d) Initial nose bleeds can persist for 4 to 5 hours. Change your nasal sling dressing as needed.

2. DURING THE FIRST WEEK AFTER SURGERY

- a) A blood-tinged discharge may continue
- b) Do not strain or do anything that requires significant effort as this can aggravate the swelling or cause further bleeding. This includes – bending, heavy lifting and straining while having a bowel motion. Brush teeth gently.
- c) Sleep with your head on two pillows and avoid bumping the nose or rolling on to it.
- d) Avoid showers or baths that are too hot as bleeding may occur. Tepid water only, please. Keep a chair near the shower or bath in case you feel unsteady.
- e) Hair may be washed after 24 hours with head in face up position. Do not bend head forward.
- f) Do not blow the nose for the first week and sneeze with your mouth opened, if necessary.
- g) Do not smoke as this irritates the lining of the nose and causes coughing, both of which could bring on a late nose bleed.
- h) Don't wear eyeglasses for six weeks unless taped to the forehead. They should not rest on the healing nasal bones. Ask Dr. Lewkovitz about this if you wear glasses.
- i) The "whites" of your eyes may become bloodshot.
- j) You may fly one week after surgery, however, discuss this with the doctor.
- k) Your stools (motions) may be slightly darker due to swallowed blood.
- l) If you have had any chin surgery, avoid excessive chewing. Soft foods are best in the first week.

3. WOUND CARE

- a) Do not disturb the nasal splint and tape on your nose.
- b) Fractured nasal bones take six weeks to set properly. It is important not to move or rub your nose. Avoid clothing that must be pulled over your head.
- c) Your nose will be blocked until the nasal packing is removed the day after surgery. A "stiffness" will persist due to the swelling of the nasal lining. This may continue for a few weeks.
- d) The nostrils may be cleaned around the outside only with cotton buds and 3% Hydrogen Peroxide. For lubrication, use vaseline or any antibiotic ointment, twice daily. Do not put anything up your nose.

4. DO NOT –

- exercise or engage in strenuous physical activity until this is cleared with the doctor – usually six weeks after surgery.
- blow your nose for two weeks. You may gently pat under your nose or sniff back into your throat.
- swim for two weeks
- dive for six weeks
- participate in any contact sports for six weeks.
- expose yourself to the sun for two months. Use SPF15+ or more, sunscreen.
- be concerned if the nasal tip has an initial upturned appearance. This is due to the dressings and swelling and will settle within one to two weeks.

5. CONTACT THE SURGERY IF

- there is severe pain, not responding to medication;
- rising temperature, redness and swelling;
- there is excessive bleeding. In this case, put your head back and apply ice packs. If necessary, plug each nostril with half ball of cotton wool moistened with water.

PLEASE NOTE:

You will have an initial idea of the final result about six weeks after surgery. The healing process may take up to 6 to 18 months. During this time, you will see progressive improvement in the fine details of your nose. Normal breathing may take one to three months to recover completely.

SECONDARY OR REVISION SURGERY

Approximately 5 percent (or one in twenty) patients require revision surgery consisting of minor refinement. Whilst the majority of patients achieve the results they want with the first operation, you may note minor aspects of the nasal appearance that you might regard as being worth further adjustment. These appearances may yet settle and be part of the delayed final healing of the nose. Should the small irregularities not settle a revision procedure will allow correction. This is usually carried out as “day only” surgery.

Revision surgery is always available but should be scheduled 12 months or more after the initial operation to allow the healing of the nose to occur.

FOLLOW-UP VISITS

Visits are scheduled for one week, six weeks and six months after surgery. Then one, two and three years later. The fees for visits after surgery are reduced to the Medicare rebate level if paid at the time of consultation.

COSTS OF FURTHER TREATMENT & CONSULTATIONS

The out-of-pocket costs of surgery and anaesthesia are included in the initial operation fee. For uninsured patients, Day surgery or hospital costs will still apply.

*Please call the office for routine questions and to schedule follow-up visits
Tel: 02 9389 7966 or 02 9387 2660*

In an emergency, telephone the doctor on the number given prior to surgery