

Dallas ENT Group
After Your Nasal Surgery
Instructions and Information For You
From Dr. Trone

1. You will be drowsy following surgery—we will have given you medication to help make you more comfortable. Expect to wake and doze on and off during the evening. Simply make yourself comfortable when you get home. The drowsiness will resolve in the evening or overnight. The day following surgery you may still feel a bit tired, but go ahead and begin to resume your normal activity. Your energy will return sooner if you begin to resume normal activity the day following surgery.
2. You may be a bit “stiff” when you first awake in the morning following surgery. Go ahead and move about without fear of disrupting anything. I have carefully reinforced all of your incision areas so that anything short of drastic athletic activity will not affect them. Do not lift or move heavy objects for two (2) weeks following the surgery. This includes lifting children, groceries, etc.
3. It’s not unusual to have some nausea following surgery, particularly if you begin to get up and move about too soon. All nausea will resolve 6-8 hours following surgery. Although we’ve given you nausea medication prior to, during, and possibly after surgery, these medications are only about 80% effective, and you may still experience a bit of nausea. If so, simply relax and don’t try to eat any heavy foods—just clear liquids.
4. You’ll be given a prescription for pain. Take a pain pill before retiring the evening of surgery (preferably after you have kept something in your stomach to avoid stomach irritation). It’s a good idea to take another pain pill the morning following surgery, since you may feel a bit stiff and uncomfortable when you begin to move about. If the pain medication disagrees with you in any way, simply try extra-strength Tylenol—most patients find that by the first to second day following surgery Tylenol is quite adequate. Rarely will pain medication be necessary for more than 3-4 days following surgery.
5. Infection following any type of nasal or plastic surgery is extremely rare, however you will be given an oral antibiotic to take following your surgery, as a preventative measure. Infection is usually not apparent for several days following surgery. If you notice significantly increased redness or swelling accompanied by tenderness or fever at any time, call so that we may examine you. It’s normal to experience temperature elevations to 101 degrees F. following surgery for many patients. If your temperature reaches 102 degrees F., notify our office.

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6. The evening after the surgery you may cleanse the inside of the nose with Q-tips and peroxide to remove the dried blood, as this is frequently irritating. You may also use Afrin (generic-oxymetazoline) that evening then twice daily **for three days only**. This nasal spray as well as saline spray will diminish the congestion that all patients experience.
7. It's normal to have drainage from your nose, which will be tinged with blood for the first 48-72 hours. Usually the drainage decreases markedly after 24-36 hours and becomes clear. Remember that your nose will feel stuffy for a week or two because of the lining of the nose.
8. **DO NOT BLOW YOUR NOSE.** You may sniff secretions to the back of your throat and expectorate them, or "blot" (do not wipe) them from the end of your nose. Blowing your nose risks significant bleeding.
9. If you have to sneeze, do so with an open mouth.

THE FOLLOWING INFORMATION APPLIES ONLY TO PATIENTS HAVING UNDERGONE A RHINOPLASTY (Breaking of the bones of the nose)

10. Expect to have more swelling when you awaken the morning following surgery. If you can comfortably sleep on two pillows or in a recliner, do so as this may reduce your swelling slightly. However, it's more important that you sleep well, even if on one pillow, since the swelling will subside over the next 48-72 hours.
11. Patients who have undergone a procedure that involved "breaking" the nasal bones should avoid wearing eyeglasses for three (3) months after surgery. Wearing eyeglasses may cause a permanent indentation on each side of the nose. If you must wear glasses, you may tape them to your forehead with a small loop of tape passed over the nosepiece. **DO NOT ALLOW THEM TO REST ON THE NOSE.** Remember, that your glasses may require nosepiece adjustments for proper fit since we may have changed the shape of your nasal bones.

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12. You will notice more bruising the morning following surgery than the day of surgery. This bruising will begin to disappear in about three days when the swelling also begins to decrease significantly. Swelling resolves at different rates in different people. Shortly after we remove the tape from your nose in three to seven days, the swelling will have sufficiently decreased that you'll appear fine in public. Almost all of the more marked swelling will be gone between two to three weeks, but the thicker skin areas such as the nasal tip will begin to improve in definition and appearance for several months. After the first three weeks, the changes are very slight, and very slow, and you may not notice them.
13. Remember that the degree of swelling will be different on the two sides—even if we have performed exactly the same procedure. Don't worry about any differences in swelling or bruising which you will see for the first three weeks following surgery.
14. The tip area of your nose will be quite numb for the first several weeks following surgery. This is normal and as the skin nerves regrow following surgery, your sensation will return. Totally normal sensory return in the tip may require several months.
15. Avoid any type of aerobic exercise (any exercise which elevates your pulse above 90) for a minimum of three weeks following surgery. When your pulse rises, the accompanying rise in blood pressure can cause bleeding. Gradually resume exercise beginning two to three weeks following surgery. Avoid any type of contact sports for a minimum of 4-6 weeks following surgery. During this time any strong blow to the nose could disrupt the recontoured nasal bone areas. Moderate bumps and blows to the nose usually will not cause disruption.
16. As we change the external shape and appearance of your nose, we also change the pattern of air flowing through your nose. Even when these changes are to relieve airway obstruction and increase airflow through the nose, you may notice a difference in the "feel" of the air flowing through your nose. Due to swelling, the best improvement in air flow will not be noticeable until swelling decreases two to three weeks following surgery. Don't worry that your breathing feels different through the nose—you will adapt to the new pattern of airflow very naturally over a period of weeks.

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17. While your nose is swollen and stuffy, try to avoid using nasal sprays such as Afrin or other types of antihistamines, even if your nose seems to be draining a lot. If you dry these secretions inside your nose with antihistamines or sprays, they will clog your nose and be very difficult to remove.
18. Your nose will feel very strange to touch after we remove your tape. The skin will be somewhat numb and you may be able to feel small bumps, firmness, or ridges if we have altered the nasal bones. As the bony areas heal over a period of weeks, you'll be able to feel these much less. You may always be able to feel some changes which are not visible on the outside of your nose in order for us to achieve the desired result.
19. If your nose begins to bleed at any time, try to relax (this is imperative to avoid your getting overly excited and raising your blood pressure) and lie down with your head slightly elevated. Use a moist washcloth and apply gentle pressure to your nostril area. By relaxing and holding this pressure for 15-20 minutes, virtually any bleeding will stop. Should relaxation and pressure not control more excessive bleeding, call the office immediately.
20. We have spent considerable time and effort to make your surgical experience as efficient and pleasant as possible. I would personally appreciate your suggestions and comments regarding any area of your care, which you think could be improved or changed to make your experience more pleasant.
21. If you have any additional questions or should any problems arise, please contact my office immediately by telephone. The number is 972-566-8300.