

Rhinoplasty (or) Opened/Closed Nasal Fracture Surgery

1. You will be drowsy following surgery—we have given you medication to help make you more comfortable. Expect to doze on and off during the evening. Simply make yourself comfortable when you get home. Sleep in the semi-upright position for at least the first two nights. The drowsiness will disappear in the evening or the next morning. The day following surgery you may still feel a bit tired, but go ahead and resume your normal activities immediately. Your energy will return more rapidly if you begin to resume normal activity the day following surgery. You may clean the inside of the nose with a Q-tip soaked in hydrogen peroxide to remove the crust and old blood, as this is frequently irritating.
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. Do not lift or move heavy objects following surgery for two (2) full weeks. This includes lifting children, groceries, backpacks, etc. Gradually work your way up to your usual routine. No physical activities for the first week, but you may resume light activities on the second week.
3. It is 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. 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. Remember that your nose will feel stuffy for a week or two because of the lining and swelling in your nose. **ANY BRIGHT RED BLOOD THAT LAST MORE THAN TEN MINUTES OR IS HEAVY SHOULD BE REPORTED TO ME IMMEDIATELY.** Call my office immediately if this should occur.
4. It is not unusual to have some nausea following surgery, particularly if you get up and move around too soon. Most nausea will be gone 6-8 hours after surgery. Although we have 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 do not try to eat any heavy foods—just try some clear liquids.
5. You will be given a prescription for pain medication. Take a pain pill before retiring the evening of surgery (preferably after you have eaten something to avoid stomach irritation). It is a good idea to take another pain pill the morning after surgery since you may feel a bit stiff and uncomfortable when you begin to move around. If the pain pills disagree with you in any way, simply extra-strength Tylenol—most patients find that by the first or second day after, Tylenol is quite adequate. Rarely will pain medication be necessary for more than 3-4 days following surgery.
6. Infection following any type of nasal or plastic surgery is extremely rare, however you will be given an oral antibiotics 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 is normal to experience temperature elevations to 101 degrees following surgery for many patients. If your temperature reaches 102 degrees, notify our office.

7. Ice packs may be placed over your cheeks every three to four hours for 15-20 minutes. This will help to decrease swelling and discomfort. Use a cool vapor humidifier at your bedside for the first week. This helps loosen secretions and prevent crusting inside the nose.
8. It is normal to have nasal drainage which will be blood-tinged for the first 48-72 hours. Usually the drainage decreases markedly after 24-36 hours and becomes clear. Remember that your nose will be stuffy for a week or two because of the lining being swollen. This is normal and expected. The stuffiness will gradually decrease over the next few weeks, so PLEASE BE PATIENT. After this, an improvement in your nose and breathing should be noticed.
9. 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 air flow 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. Do not worry that your breathing feels different through the nose, you will adapt to the new pattern of air flow very naturally over a period of weeks.
10. 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 will 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 results.
11. If given instructions to do saline nasal spray or salt water irrigations, you need to start irrigating 48 hours after surgery. Perform the irrigation 2-3 times a day until you are instructed to discontinue. This irrigation will greatly contribute to the healing process.
12. **DO NOT BLOW YOUR NOSE!** You may sniff secretions to the back of your throat and expectorate them. Blot—**DO NOT WIPE**—from the end of your nose. Blowing your nose risk significant bleeding. Abstain from blowing your nose for 2 full weeks and then you may gently start blowing your nose again.
13. If you have to sneeze, do so with an open mouth.
14. Avoid any type of aerobic exercise that elevates your pulse above 90 for a minimum of 3 weeks after surgery. When your pulse rises, the accompanying rise in blood pressure can cause bleeding. Gradually resume exercise beginning 2-3 weeks after surgery. Avoid any type of contact sports for a minimum of 4-6 weeks after surgery. During this time, any strong blow to the nose could disrupt the recontoured nasal bone area. Moderate bumps and blows to the nose will usually not cause disruption.

15. Your nose begins to bleed at any time, try to relax (this is imperative to avoid being overly excited and thus, increasing blood pressure levels). Also, to decrease bleeding, lay down with your head slightly elevated. Use a moist washcloth and apply gentle pressure to the nostril area. By relaxing and holding this pressure for 15-20 minutes, virtually any bleeding will stop. If relaxation and pressure to the nostril does not control more excessive bleeding, call the office 972.566.8300 immediately.
16. Expect to have more swelling when you awake the morning after surgery. If you can comfortably sleep on a wedge pillow, two pillows or in a recliner this will reduce swelling and allow for better nasal drainage. However, it is more important that you sleep well, even if one pillow, since the swelling will subside over the next 48-72 hours.
17. Patients who have undergone a procedure that involved “breaking” the nasal bones should avoid wearing eye glasses for three (3) months after surgery. Wearing eye glasses 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 nose piece. **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 nose.
18. You will notice bruising the morning following surgery that 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 and your appearance will 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. 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. After the first three weeks, the changes are very slight, very slow, and you may not notice them.
19. If you have any of the following problems call me immediately.
 - Loss of vision
 - Double vision
 - Black eyes
 - Cervical stiffness (you are not able to touch your chin to your chest)
 - Fever above 101 degrees
 - Marked headaches or severely diminished strength
20. We have spent considerable time and effort to make your surgical experience a pleasant one. 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 better.
21. If you have any additional questions or should any problems arise, please contact my office immediately by telephone.

Dallas ENT Group (972) 566-8300