

Elite Plastic Surgery

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Septoplasty / Rhinoplasty *Post Operative Instructions*

After Surgery

- Following your surgery, you must have another adult stay with you the first night. It is also important for you to keep your head elevated the evening after surgery as well as for the first two weeks following surgery. This can be done by either sleeping in a recliner tilted at 45 degrees or sleeping with two pillows underneath your head. Avoid rolling onto your face. Sleeping on your back for the first two weeks after surgery helps to ensure this.
- The office will contact you the day after surgery to check-up on you, answer questions and book follow-up. (Friday/Weekend surgeries - patients will be called on Monday.)

What to Expect

Internal/External splints will be removed at your one week appointment. You may want to pre-medicate with a muscle relaxer or pain medication before this appointment as some patients find this appointment uncomfortable. Please make sure you have a driver to take you to and from the appointment.

You may want to purchase Arnica, a homeopathic medication that helps improve post-surgical swelling and bruising. You may start this medication three days before your surgery and may take it up to two weeks following your appointment.

Swelling: Swelling will vary from patient to patient. Swelling may increase the first three to four days before subsiding. When your splint is removed at your one-week appointment, your nose may appear fat and turned up too much- this is to be expected. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the next six months. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoiding bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months.

Discoloration: Bruising will vary like swelling from person to person. Most bruising and discoloration should resolve over the first two weeks.

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Numbness: Your nose will be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate over time.

Bleeding: If bleeding does occur, lie down with your head elevated. Try to relax. You may take a pain pill or a Flexeril. Place cool compresses over your eyes. If bleeding persists for more than 15 minutes, please contact our office.

Depression: It is not uncommon for patients to go through a period of mild depression after any cosmetic surgery. This typically occurs the second week after surgery while some of the swelling and bruising persist and yet the patient is anxious to see a final result. Realize this is a temporary condition and things will improve. Focus on diligently following the wound care as well as other activities to help divert your mind.

Eye Glasses: Eyeglasses may be worn with the splint in place. Once the splint is removed, it should be either suspended from the forehead or supported on the cheek for a period of six weeks. This is critical- pressure on the nose may change its final shape. Contact lenses may be inserted the week after surgery.

Restrictions

1. No strenuous exercise for at least two weeks.
2. No heavy lifting for three weeks.
3. No pull-over clothing for two weeks.
4. Avoid hard-chewing foods for two weeks.
5. Avoid yawning or wide mouth opening for two weeks.
6. Avoid nose blowing or sniffing through the nose for two weeks.
7. Use a baby toothbrush on the upper teeth for two weeks following surgery.
8. If sneezing, sneeze with the mouth open for two weeks.
9. No driving for one, preferably two weeks after surgery.
10. No contact sports for six weeks.

Finally

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The healing time for nasal surgery is often less than expected and the results are worth the wait. While swelling should be completely gone after four to six weeks, your healing will continue for the entire first year. I will follow you through this entire process but be patient.

Medications Prescribed (not all medication may apply)

Please take all your medications as prescribed.

Scheduled Medications: Please take these medications as scheduled

Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow the prescription ordered) is an antibiotic you must take for a total of 5 days. (Note that antibiotics may impair birth control pills.)

(*May not apply to you) **Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery)** is used for the prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

Tylenol (Acetaminophen) (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours)

As needed: These medications are scheduled "as needed" per your pain level. We provide you with many types of medications that focus on the "type" of pain you are experiencing. If you plan to take more than one of these medications, please plan to take them at least 2 hours apart as they can make you sleepy.

Toradol (ketorolac): 10 mg every 6 hrs = 15 tabs

Type of Pain relief: Anti-inflammatory: Swelling/Pain: (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other anti-inflammatories while taking this medication.

Gabapentin (Neurontin): 100 mg; every 8 hours = 48 tabs (16 days)

Type of Pain relief: Nerve Pain: Itching/Burning/Tingling/Numbing/Sharp: (started day of surgery as needed, please follow the prescription ordered) is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions for mood-altering (depression or bipolar) medications as these can potentially interact.

***this medication can make you sleepy, please do not plan to drive on this medication**

Cyclobenzaprine (Flexeril): 5 mg; every 8 hrs = 10 tabs

Type of Pain relief: Muscle Relaxer: Muscle spasms/Muscle cramping: (started day of surgery as needed, please follow the prescription ordered) is a muscle spasm medication.

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***please do not drive while on this medication**

Oxycodone (Narcotic Pain Reliever): po every 4-6 hours as needed = 30 tabs

Type of Pain Relief: General pain (started day of surgery as needed, please follow the prescription ordered) is an oral narcotic prescribed to manage your pain.

***please do not drive while on this medication**

Docusate Sodium (Colace): Stool Softener: every 12 hours = 14 tabs (7 days)

Senna: Bowel Stimulant: every 12 hours = 14 tabs (7 days)

You may take the Colace and Senna together.