



Care Of Your Nose After Rhinoplasty

Correct post operative care is essential to the success of the surgery.

Regular Post Operative Care:

Use ice packs over the head and eyes for 2-3 days

Apply antibiotic ointment (if prescribed) to the inside of the nostrils 3 to 4 times a day

Antibiotic tablets are continued for 1 week or as prescribed

Keep the plaster cast dry until it is removed (generally at 1 week)

Keep your head elevated, do not bend over or strain excessively

Douche your nose at least 6 times a day with Saline spray once the internal splints are removed

(The more you spray your nose the better and quicker it will heal)

Pain:

Headache and pain is usually not severe

It is OK to use: Paracetamol, Codeine, Panadeine, Digesic, or Mersyndol

Do **NOT** take Aspirin, Neurofen or medicines containing NSAIDS as these may cause your nose to bleed (Ask your chemist or call Dr Shahidi)

Blockage, Runny Nose:

The nasal airway is often very blocked in the first week due to swelling. It will settle over time by itself and once the splint is removed

Anti-histamines may help runny nose such as Telfast, Claratyne, Hismanal, and Zyrtec

Do **NOT** blow your nose during the first week, as it could cause a nose bleed

Bloody Discharge:

A small amount of bloodstained discharge is normal. Change the bolster as needed

Expect decreasing amounts over 7-14 days depending on the surgery performed

The bolster can be removed once nasal discharge has settled

Nasal and Facial Appearance:

In the first week the nostrils will be asymmetric and the tip of the nose may seem raised

The shape of the nose takes many weeks to months to settle

There will be swelling around the nose and cheeks

Resting with your head up reduces swelling

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| Makeup | May be used at any time |
| Bruising | Variable: Use Hirudoid cream 1 week after surgery |
| Return to Work | Usually at 1-2 weeks |
| Strenuous exercise or travel | 4 weeks |
| Contact sports | Avoid for at least 3 months after rhinoplasty |
| Eye glasses | Do not wear glasses for 4-6 wks after rhinoplasty |

Emergency: Contact Dr Shahidi on (02) 9419 5477. If he is unavailable attend your nearest Accident & Emergency Department.