PERIOPERATIVE SERVICES

Post-Operative Instructions

Septorhinoplasty Surgery

**PAIN:**

You will have discomfort after your surgery. Usually the nose feels stuffy and you may experience a pressure headache and watery eyes. Use Tylenol™ (acetaminophen) as directed for pain medication. Your surgeon may have also given you a prescription for extra pain medication. Use as directed. You may feel more comfortable in a sitting position and sleeping with 2 to 3 pillows. Rinsing your mouth frequently, brushing your teeth and the use of a humidifier will help the dryness caused by mouth breathing.

**OPERATIVE SITE:**

* You may have splints and/or packing in your nose. These will be removed by your surgeon at your follow-up appointment.
* After surgery you may leave the Hospital with a gauze dressing taped to your nose to absorb drainage. This drainage will be bloody in appearance for 24 hours and should decrease in amount and become lighter in color after 24 hours. Change this dressing when it becomes soiled.
* You may clean any crusted drainage in and around the nose with Q-tips™ soaked in hydrogen peroxide at least twice a day. **DO NOT** enter inside the nostrils more than a ¼” with the Q-tip™. After cleansing, you may apply Polysporin™ ointment around and into nostrils no more than ¼” up the nostril.
* Use nasal saline irrigation (salt and water spray) 1 spay in each nostril at least 4 times daily to start the day after your surgery.
* You may have a small amount of bruising and swelling under your eyes.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**ACTIVITY:**

No heavy strenuous activity for 7 days. You will usually be able to go back to work/school in 1 to 2 weeks. Consult your surgeon. Avoid any activity that may result in a blow to the nose (i.e., contact sports, physical education) for 2 weeks. Swimming is not recommended for 2 weeks. You may bathe or shower in warm, **not hot** water, 24 hours after surgery. Observe the following recommendations:

* Do not blow your nose; do not use Kleenex™.
* Do not pull at your nose.
* Do not use any type of nose drops unless prescribed by your surgeon.
* **No Aspirin™ (acetylsalicylic acid).**
* Avoid head down positions.

**DIET:**

Drink plenty of fluids. Choose soft foods initially and then return to your usual diet. Increase the fibre in your diet and drink plenty of fluids to help prevent constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

You may also purchase an over the counter stool softener like Colace™ or a mild laxative if needed.

**FOLLOW-UP:**

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit may call you the day after your surgery to discuss any concerns.

**Go to the nearest Emergency Department if you have any of the following:**

* Persistent excessive bleeding.
* Severe pain.
* Elevated temperature (38ºC or 100.4ºF) and/ or chills lasting more than 24 hours.
* Difficulty with vision.

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer, and ask that your healthcare providers and visitors do the same." Clean hands save lives.