



Post-operative instructions after Nasal Surgery
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Please refer to the below instructions to help maximize your recovery after surgery for nasal airway, nasal fracture, or enhanced appearance. If you have any questions or concerns, please call us at 864.572.7001.

Expect internal congestion and possible external swelling to occur, and usually this will be worst on the third day or so. This may take days or even several weeks to settle. Also, remember that in external nasal surgery the appearance will change subtly for four to six weeks, and final appearance may take up to six months.

Mild oozing from the nose should be expected for 24-48 hours. A nasal drip pad can be used as needed and may need to be changed every hour or so.

Post-Operative Care

- For the first 48 hours sleep on your back with your head elevated on two or three pillows, or sleep in a recliner. For the rest of the first week, sleep on your back.
- Use cold packs or light ice packs to the nose for 10 minutes every hour or two while awake for Day 1, then 3-4 times a day for Days 2. It may be more comfortable if you place a thin layer of fabric between your skin and the cold pack. The ice will reduce swelling and bleeding.
- You can shower the morning after surgery. Avoid getting any external incisions wet for five days. Do not get the nasal cast wet, as this will cause it to fall off sooner than we want.

Medications

- Narcotic pain medication will be prescribed, but only for two days. You do not have to take this, and some patients elect not to even fill it from the pharmacy.
- Tylenol 650 mg every 6 hours as needed.
- Ibuprofen 400 mg every 6 hours as needed.
- Many patients have found that alternating the Tylenol and Ibuprofen on a regular schedule for the first two to three days gives the best pain control. Thus, you will take one or the other every 3-4 hours.
- You may have a prescription for antibiotic, especially if we used cartilage grafts. Take this as prescribed if so.
- Nausea controlling medication will be prescribed.

Wound Care

- If any crusts develop in the nostrils or on any incisions, soften and clean these with warm water and baby shampoo on a q-tip, then gently rinse with small amount of warm water.
- Apply thin layer of Bacitracin ointment to the nostrils and any incisions three times a day for the first three days. After that, switch to plain Vaseline or Aquaphor ointment.
- Starting the afternoon of surgery, gently rinse the nostrils with saline nasal aerosol. This will help soften or prevent crusting, and is also a natural decongestant. There may be

some mild bleeding the first few times you do this, so do not be alarmed. Use this every 3-4 hours while awake for the first few days, then you may decrease the frequency as the congestion decreases.

- You can lightly blow or inhale to help clear any crusts or mucus. No heavy blowing for one week.
- Most of the sutures are dissolvable, and those that are not will be removed on your first post-operative office visit.
- If you have had ear cartilage used, there will be a yellow sticky gauze dressing in the bowl of that ear. Keep this in place and dry for 3 days, then you may remove it. After that, apply Vaseline ointment to the incision site 3 times a day for the first week.
- Do not remove the cast if one has been placed. Dr Brown may tell you to get it wet and remove it in 5-7 days, but most times we will remove this on your office visit. If it should fall off prior to that, be careful to avoid bumping or putting any pressure on the nose.

Diet

- Drink lots of water and avoid alcohol for the first week.
- Start with a bland and soft diet the first evening, and then advance as tolerated to normal foods.
- Be aware that with chewing and smiling your upper lip may be tender for the first few days to a week. It may therefore be more comfortable to take small bites.

Activity

- Avoid straining or exertion for the first week. Do not bend over or lift more than 10 pounds.
- You may walk the day after surgery.
- After one week, you can start to resume normal exercise and activity. However, avoid high impact training or exertion for two weeks after surgery.
- If you wear glasses, for the first two weeks minimize the amount of time that they press on the outer nose if you have had nasal fracture repair or rhinoplasty. You can also buy light pads which will reduce the pressure of your nose-piece of the glasses.
- Do not drive for 24 hours after surgery. Also, do not drive for 24 hours after your last narcotic pain medication dose.
- Avoid overheating or sun exposure for a week. Also, remember that your nose will be more prone to sunburn for several months after surgery. Use SPF 30 or more to prevent the nose from burning any time you are in direct sun.

Follow-up Visits

- Most of the time you will see me and/or my PA 5-7 days post-op for a wound check and to remove any nasal packing or cast material. We will also remove any sutures necessary at that visit.
- For rhinoplasty or fracture cases, I will probably see you again 6 weeks later, and for a final check at 6 months.

Thank you for trusting me. We try to make this experience as comfortable as we can, but please let us know if there is anything you need. Also, contact us if you have any questions or concerns. In emergencies after hours, call the main office number **864.572.7001** to be connected to the nurse triage and/or the on-call surgeon.