

Pre and Post-Operative Instructions for Nasal Surgery

Charleston Plastic Surgery

You have undergone major surgery. For a speedier recovery, please follow these instructions:

- Someone must be with you for the first 24-48 hours following surgery. This is to make sure you are taking our medicine properly, to assist you when walking if needed, and to get in touch with us if needed.
- Post-Operative prescriptions will be filled and ready for you to take home the day of surgery. Please review the pharmacist's printed instructions as well as potential adverse reactions. *Please be sure to take your antibiotic until it is gone.*
- You may experience a sore throat after surgery. This is common after anesthesia and will clear up in a few days.
- NAUSEA: Mild nausea is common after surgery. If you have moderate to severe nausea, please use Phenergan suppository as directed. If vomiting occurs, use ice chips until clear liquids can be tolerated.
- PAIN: You will be given prescription medications for pain and muscle spasms, please take as directed on the bottle. Starting the day after surgery we want you to take Ibuprofen 200mg, 4 times per day. You will be taking this in addition to your prescription pain medication to help reduce inflammation and swelling. When you are off the prescription pain medicine during the day, you are welcome to increase the Ibuprofen to reduce inflammation/swelling AND for pain. You may take Tylenol if you are allergic to Ibuprofen or if you are not allowed to NSAIDs. Please do not exceed 3200mg of Ibuprofen or 4g of Tylenol per day. Remember, narcotics may cause constipation, please drink plenty of water. You may use a stool softener if you have not had a bowel movement in 3 days.
- SMOKING: No nicotine is tolerated at least 4 weeks prior to surgery and for at least 8 weeks after surgery. Avoid secondary smoke. Nicotine will constrict blood vessels, leading to poor wound healing.
- DRIVING: Do not drive a car or operate machinery for at least 24 hours and until you are no longer taking narcotics.
- EXERCISE/ACTIVITY: Please be sure to walk around the house the day after surgery to prevent post-operative complications. Please be sure to have assistance when you first get out of bed. Gradually work up to your normal daily routine. For the first week, you should not lift anything greater than 10lbs and walking should be your only form of exercise. Further lifting instructions will be given to you at your first post-operative appointment but typically you should not lift anything greater than 30lbs and only low impact exercises from week 2 to week 6.
- REST: You will need to sleep 2-3 extra pillows. This will help reduce swelling and discomfort.
- COMPLICATIONS: If you experience a sudden fever of 101 or greater, increased swelling, redness, heat, or profuse bleeding please call our office for advice: 843-722-1985

Specific Instructions:

- BROMELAIN: We ask that you start taking Bromelain to prevent bruising. You will start this medication 5 days prior to surgery. It can be purchased at our West Ashley office.
- ARNICA: You will start taking Arnica the day after your surgery to help reduce bruising. It can be purchased at our West Ashley office.

- You can expect some bruising and swelling around your eyes for 7-14 days. It may increase after 2-3 days, this is normal.
- COLD COMPRESSES: You will need to use a cold compress around the eyes for the first 24 hours after surgery. Please keep a cold compress on constantly until bed time. You may use cold compresses when you wake up, until noon the following day. You may use a gel pad or a bag of frozen peas. This will help decrease the swelling and bruising.
- WARM COMPRESSES: Warm will be started 48 hours following surgery to decrease bruising and swelling around your eyes. You may wet a wash cloth, wring it out as much as possible and heat it in the microwave for approximately 1.5 minutes. *Please test the wash cloth on your wrist to make sure it is not too hot to burn your face.*
- You will have nasal packing in place for 48-72 hours after surgery. This will be removed at your first post-operative appointment.
- You will have a nasal splint on the outside portion of your nose. This is to remain in place for 1-2 weeks. If the splint becomes loose or displaced, please contact our office.
- Expect bloody drainage from the tip of your nose. Use gauze or folded tissue as a drip pad and change as needed. The drainage should subside after 24-48 hours.
- Expect bloody drainage into the back of your throat. You may rinse your mouth with mouthwash frequently to keep your mouth fresh.
- SALINE NASAL SPRAY: You will need to purchase saline nasal spray to use once the nasal packing is removed. You will use these at least 10 times a day to keep your nose moist and to prevent scabbing.
- SALINE EYE DROPS: You may experience eye irritation or dryness following surgery. Please purchase moisturizing saline eye drops or artificial tears and use as needed. This is not required, just a suggestion if you have swelling around your eyes.
- You will have sutures below the tip of your nose. These stitches will be removed at 7-10 days. Other sutures are located inside of your nose and are absorbable.
 - Once packing is removed, you may place a light layer of Aquaphor ointment to the external sutures.
- DO NOT blow or attempt to clean your nose.
- DO NOT bend or perform any activities that increase pressure to your nose or face.
- DO NOT wear glasses or sunglasses until cleared by your doctor.
- You may shower after 24 hours.