

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

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RHINOPLASTY AND SEPTORHINOPLASTY

>>PATIENT INSTRUCTIONS >>

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** your procedure. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, please contact our physicians or nurses.

PRE-OPERATIVE:

- If you experience signs or symptoms of an upper respiratory infection or other illness within five days prior to surgery, please call our Surgical Coordinator at 610-363-2532.
- For one (1) week prior to surgery, you should not take any aspirin or aspirin containing drugs, nor any ibuprofen or ibuprofen containing drugs. Examples of these include Advil (Motrin), Naprosyn (Naproxen), or Fiorinal. Also, supplements which should be avoided include Vitamin E capsules, omega 3 (fish oil), or glucosamine chondroitin. If you are required to be on any of these medications, discuss this matter directly with your ENTACC provider before stopping. If you are on Coumadin (Warfarin), Aspirin, or Plavix, please discuss with the prescribing physician about how to adjust this medication prior to your surgical procedure.
- Do not eat or drink anything, including water, after midnight prior to surgery.
- Use **AFRIN NASAL SPRAY** as directed **PRE-OP**. Our physician will provide you with prescriptions for medications to take at home following surgery. Please be prepared by filling your prescriptions prior to your surgery. Take only the medications prescribed by your physician(s).
- Call our office at 610-363-2532 if you have any questions about your surgery.

POST-OPERATIVE:

- Any pain medications prescribed by our physicians are safe to use in the post-operative period. For children, liquid acetaminophen (brand names Tempra and Tylenol) may be used with the dosage determined by the age of the child. Adults may use tablets or capsules of acetaminophen with the same brand names.
- Do not disturb intranasal packing if present. With scissors, carefully trim any packing which may come out of the nose.
- Change the dressing under the nose (if present) as needed. Use folded gauze 2x2's and ½ inch non allergic tape.
- Do not blow your nose until instructed. Wipe or dab the nose gently with Kleenex if necessary.
- Sleep with your head elevated on two pillows. Avoid sleeping on or rolling over on your face or nose.

- In the immediate post-operative period (7-10 days), supplemental humidity as supplied by a COLD water humidifier will help in your comfort. This is especially important during cold weather months. It is important to clean your humidifier daily, following the manufacturer's instructions.
- The nasal splint will remain in place for approximately one week and it will be removed in the office. **DO NOT** disturb it and keep it dry.
- Avoid excess or prolonged telephone conversations and social activities for at least seven days.
- Avoid foods that require prolonged or excessive chewing. No other diet restrictions are necessary.
- Minimize facial movements for about one week; avoid smiling, grinning and other excessive facial movements.
- Avoid extreme or strenuous activity. Obtain more rest than normal. Most patients stay out of work or school for about one week. Circumstances surrounding your employment might allow you to return sooner or require that you stay out longer.
- Brush your teeth gently with a soft toothbrush and avoid manipulation of the upper lip. Women may apply lipstick with a brush, and men may shave as usual but both should avoid pulling down on the upper lip.
- Take tub baths until the dressings are removed. If you absolutely must shower, be careful to avoid splashing water on your face and dressings. **DO NOT GET THE NASAL DRESSINGS WET** until your nasal splint is removed. Have someone wash your hair for you. This should be done with your head extended backwards so that washing and rinsing will be done away from the face.
- Wear clothing that fastens in the front or back for one week. Avoid slipover sweaters, turtlenecks, etc.
- Absolutely avoid the sun and sun lamps for six weeks after surgery. In addition, extremes of heat or cold may irritate the nose and may cause it to swell upwards of twelve weeks after surgery.
- Do not swim for three weeks after surgery.
- Eyeglasses must not be worn in the standard fashion for at least three weeks after surgery. If you wear glasses, please notify us. If necessary, we will provide you, free of charge, with devices which may be attached to your glasses to prevent them from resting on your nose. Changes in the width and contour of your nose may require that your glasses be adjusted about four weeks post-surgery. If this cannot be done, it may be necessary to replace them.
- Contact lenses may be worn within two to three weeks after surgery.
- After the nasal packing is removed, Bacitracin Ointment will be used around the nasal openings as well as nasal saline (salt water) spray in each nostril. After your nasal cast is removed, the skin of the nose may be cleansed gently with a mild soap or Vaseline Intensive Care Lotion. **BE GENTLE**. Make-up may be used as soon as the bandages are removed. To cover discoloration, you may use "Erase" by Max Factor, "Cover Away" by Adrien Arpel or "On Your Mark" by Kenneth.
- Do not be concerned if, following removal of the dressings, the nose, eyes and upper lip show swelling and discoloration; this usually clears within three weeks. In certain patients, it may require three months for all of the swelling to completely subside.
- For septoplasty or rhinoplasty patients without an overnight stay: Apply ice to the mid-face for 24 to 48 hours after surgery. (Put crushed ice in a baggie, wrap in a washcloth and apply to face).

If you have any questions concerning your comfort or care, please contact our office at 610-363-2532.