

## Septo-Rhinoplasty Post Operative instructions

- ▶ Arrange for transport home from the hospital. You cannot drive for 24 hours after general anaesthetic.
- ▶ Do not blow the nose for the first 5 days.
- ▶ You will be given a nasal irrigation kit called FLO to clear the nose. Use it at least 4 times per day.
- ▶ Avoid bending or heavy lifting for the first week. It can aggravate swelling or cause bleeding.
- ▶ You can expect a copious blood-stained discharge for at least a week. A nasal bolster may prevent your clothing become stained. Your nose will probably be blocked at first.
- ▶ Use pain killers as directed when discharged from hospital.
- ▶ The taping and/or plaster dressing on the nose reduces swelling and gives some protection to the nose. This will be removed after approximately one week, but it should be kept dry until that time so that it does not soften and loosen.
- ▶ Gauze squares dipped in ice water over the eyes will help reduce the swelling and will soothe the eyes.
- ▶ Avoid putting glasses on the bridge of the nose for at least 4 weeks. Sellotape placed around the bridge of the glasses and stuck to the forehead will reduce pressure on the nose.
- ▶ The nostrils may be cleaned (around the outside) with cotton buds and hydrogen peroxide. For lubrication, use Vaseline if needed.
- ▶ After the taping and/or the cast is removed, the skin of the nose should be gently cleaned with mild soap.
- ▶ The nose will be quite swollen for up to one month. The skin will be bruised and blotchy when the dressings first come off. The final result may not be evident for six to twelve months.