

# STEPHEN EVANGELISTI, M.D.

*Aesthetic and Reconstructive Surgery*

## **POST-OPERATIVE SEPTOPLASTY/RHINOPLASTY INSTRUCTIONS**

After your nasal surgery please use bed rest with 2 pillows behind your head for 24 hours. You may use the restroom with assistance as needed.

If you are having severe pain after surgery use your narcotic pain medication as directed. If you feel that your pain level does not require narcotic medication, you can take 2 Extra Strength Tylenol tablets every 4-6 hours. **YOU CANNOT** use Advil, Aleve, or Ibuprofen products until 1 week, 2 weeks if turbinate reduction done as well. These medications promote additional, unwanted bleeding and/or bruising. Ice packs can be used intermittently to help with pain or discomfort, but please do not use hot or warm compresses on your face/nose.

Please drink plenty of fluids, and eat a soft diet that requires little chewing for the first 24-48 hours after your surgery. Avoid very hot foods or liquids.

You may shower the day after surgery and wash your face. Please do not bend forward while showering. To help rid your nose of excess blood or crusts, while in shower gently sniff water up your nose and breathe water out in the shower.

### **Expect**

- Nose bleeds on and off for about 4 days. Change the “drip pad” gauzes under your nose as needed.
- Moderate pain or discomfort.
- Swelling and black and blue around your eyes. Sometimes more will appear on the second and third day after surgery.
- Bloodshot eyes, red over the “whites” of your eyes.

### **Avoid**

- Pushing, pulling, bending over, or exercise for 3 weeks.
- Rubbing your eyes. They may be discolored and swollen for a number of days following surgery. Rubbing will increase the swelling.
- Any friction or trauma to your nose for 6 weeks after surgery.
- Sports and other strenuous activity for 4 weeks.
- Underwater swimming until otherwise notified.
- Eyeglasses resting on the bridge of your nose may be uncomfortable if heavy. Try taping the bridge to your forehead.

### **Care for the nose**

- After the first week you may gently cleanse your nostrils with a moist Q-tip.
- You may have congestion and cold symptoms for 1-2 months after surgery.
- Your nose may feel numb for months after surgery.
- If you happen to sneeze, it usually causes no harm, but DO NOT restrict your sneezes.
- The nasal spray Afrin can be used to control nosebleeds if instructed by the doctor.

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- Avoid prolonged exposure to the sun and/or heat for 3 months to prevent prolonged swelling.
- Refrain from smoking for 7 days after surgery as it irritates the lining of the nose causing coughing, which could bring on a late nosebleed.
- Refrain from alcohol for 4 days after surgery.