



# RHINOPLASTY POST OPERATIVE CARE

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## POST OPERATIVE NASAL CARE INSTRUCTIONS

### PRE-SURGERY

- **AVOID:** Smoking for 2 weeks pre surgery; excessive alcohol, Vitamin E, Garlic Tablets, Ginko Biloba, Ginseng & Horseradish all 1 week before surgery.
- **AVOID:** Aspirin, or aspirin based products such as: Ibuprofen/Nurofen, Naprosen/Naproxen. If you are on anti-inflammatory (e.g. Naprosyn) or blood thinning medication please advise Dr Mooney BEFORE surgery.
- Take a "Berocca" with Vitamin C daily for 1 week prior to surgery.
- Ease bruising by taking "Arnica" 6c (avail. @ chemist); two tablets x 4 times per day starting 3 days prior to surgery.

### POST-SURGERY

- You will have an external splint. Please keep it dry. This will be removed along with any external stitches at 1 week post surgery.
- You have been prescribed 1 week of oral antibiotic tablets—ensure you take the full course.

- The antibiotic ointment is to be applied twice daily to any suture lines for 1 week. You also have 2 nasal sprays, a decongestant (Otrovin or Drixine) and a Saline (salt) spray. The decongestant spray is to be used twice in both nostrils, four times a day for 1 week. The salt water spray should follow the decongestant, 2 sprays in each nostril 4 times a day - but may also be used at other times for relief. You may take the pain medication as needed—follow the directions on the medication labels. *Do not use aspirin* or product containing aspirin or ibuprofen as they may produce a nose bleed.
- Expect your nose to be congested as if you have a cold. This is due to swelling of your nasal air passage. Do not blow your nose for at least 1 week as this may cause bleeding. Sniff gently out if necessary. Some minor bleeding is also common.
- The tip of the nose often feels numb for some time but this is quite normal and will recover.
- Occasionally internal splints are used as well. Dr Mooney will tell you about these if applicable.
- You may feel tired and run down for the first few weeks.
- Please do not smoke as it slows wound healing.
- It is common to have bruising around the eyes, this will settle within a week or so.
- The shape of the nose will take several weeks to settle & swelling to subside. This is significant surgery and the final result may take up to 6–12 months to achieve. Please be patient.
- You should be reviewed at 1 week post-op or as directed. Your splints and sutures will then be removed and you may discuss any further concerns.
- Rhinoplasty is both a cosmetic and functional procedure. Following these instructions is important so that you may have a nose that works well as one that looks good.

## TIPS TO REMEMBER FOR YOUR COMFORT

- Rest as much as you can and keep your head elevated at all times. Do not lean over. Try to sleep with your head up using 3 to 4 pillows — your posture should be at a 45 degree angle.
- Use ice packs to reduce bruising and swelling around the eyes and cheeks. Do not apply pressure on to any area of the nose with these however.
- No work, exercise, sport or any activity likely to raise your blood pressure for the first 7 days. You may do some *gentle walking* in the second week only.
- Do not rub your nose. Protect your nose from sunburn and accidental knocks for at least 8 weeks. You may shower — but not too hot and keep nose dry. Please refrain from wearing glasses for 2 weeks.
- Have soft foods prepared for your arrival home. Avoid spicy foods, big meals and excess alcohol as they may make your nose run & cause discomfort.
- If your nose is blocked by splints your ears may pop or bubble when you swallow. Drinking through straws is often easiest in the first few weeks - ensure you have some at hand.

Contact Dr Mooney at once if you have any of the following concerns:

- Fever greater than 38.5C
- Excessive bleeding
- Excessive or increasing pain.
- Increasing redness of the skin around the incision sites
- If you are disturbed or worried about any aspect of your surgery or recovery.

For EMERGENCY please contact Dr Mooney through the switchboard of your operative hospital (after hours) or his consulting rooms at which you visited:

Bankstown: 02 9796 7007

Marrickville: 02 9569 7055

Bondi: 02 9387 6622

Darwin: 08 8981 7318

Further information can be obtained from:

[drwilliammooney.com.au](http://drwilliammooney.com.au)

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