



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.

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

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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.