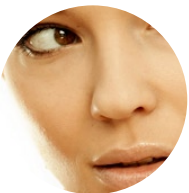




nose surgery

post-operative instructions



- Get plenty of rest.
- Follow balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take your medication as prescribed. Do not take aspirin or any products containing aspirin.
- Avoid alcohol consumption for 3 weeks as it causes fluid retention.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Keep head elevated to help minimise any swelling; sleep with head on 2 pillows for the first week after the operation.

activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- You may return to work in 2 weeks.
- Avoid strenuous activities or any activity that increases your blood pressure for 2-3 weeks including bending, lifting and rigorous sports. .
- Avoid body contact sports, hitting or rubbing your nose, and sunburn for 2 months.
- Massage your face with moisturising cream where you are able. Arnica cream works well.
- You may have a facial after 6 weeks.

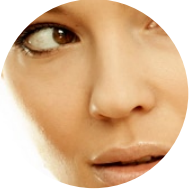


incision care

- You may shower 48 hours postoperatively.
- Avoid exposing scars to sun for at least 12 months (if any).
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- Stay in bed with your head elevated (except for going to the bathroom) for the first day.
- Cold compresses will reduce swelling.
- Do not shampoo your hair until nose splint is removed, or ask for special instructions.
- Avoid blowing your nose for 2 weeks.
- Be gentle when washing your face and hair or when using cosmetics.
- Do not use facial makeup on external incisions until advised by surgeon.
- Contact lenses can be worn as soon as you feel like it, but glasses cannot be worn until your nose is completely healed (approximately 2 months). After your nose splint is removed, tape your glasses to your forehead or prop them on your cheeks until completely healed.

what to expect

- You may be up and about in 2 days, but it will be several weeks before you are entirely up to speed.
- Feeling depressed is normal.
- After surgery, particularly during the first 24 hours, your face will feel puffy.
- A small amount of bleeding is common during the first few days.
- A splint is applied immediately after surgery for 7 days. Nasal packs may also be used.
- Minimal postoperative pain.
- Your nose may ache and you may have a dull headache.
- Temporary swelling and bruising around eyes and nose will increase at first and peak after 2 or 3 days.
- Most swelling and bruising should disappear within 2 weeks. Some subtle swelling (noticeable only to you) will remain for several months.
- Healing is a slow and gradual process.
- Some numbness may be present around the operative areas.



- Black eyes and swollen nose and eyelids for 7-14 days.
- You may experience some discomfort with breathing.
- Swollen nasal tissues may cause nose to seem “stuffed up” for several weeks.

appearance

- New nose looks better in 2-3 weeks and usually continues to improve for many months.
- Nasal tip drops to its permanent position in 3-6 months.
- Final results may not be apparent for a year or more.

follow-up care

- If you have nasal packing, it will be removed after a few days.
- If nostrils are narrowed, sutures are removed in 3-5 days. All other sutures either dissolve or are removed within 14 days.
- Frequent follow-up visits should be scheduled.

when to call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 38 degrees Celsius.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- If you have a nosebleed or any unusual symptoms.