

RICHMOND PLASTIC SURGEONS

DARRIN M. HUBERT, M.D., F.A.C.S.

RHINOPLASTY / SEPTOPLASTY POST-OPERATIVE INSTRUCTIONS

BLEEDING AND BRUISING: It is normal to have a small amount of oozing of blood from the nose for the first day or two. You may change the nasal drip pad (gauze under the nostrils) as needed to catch any oozing. Bruising is also common and may extend onto the cheeks or around the eyelids. This typically resolves on its own in 1-2 weeks but may be covered with makeup after the splint is removed.

SWELLING: Swelling is normal after nasal surgery. Try to keep your head elevated above the level of your heart for the first 2-3 days, for example, sitting in a chair or with several pillows in bed. This will help minimize swelling. While most of the swelling is gone in just a few weeks, a small amount of nasal swelling may persist for several months.

SPLINT: You may have a hard splint placed on top of your nose, held in place with tape. This will be removed in the office typically at 4-7 days. Do not remove the splint or get it wet.

NASAL PACKING: You may have nasal packing placed in both nostrils during your surgery. It is important that this remains in place until it is removed by Dr. Hubert in the office, typically in 3-5 days. If the packing becomes dislodged, or if you experience fevers (above 101.5°F) or uncontrollable, shaking chills, call the office immediately.

NASAL CONGESTION: Avoid nose blowing, rubbing, or otherwise manipulating your nose for the first two weeks after surgery. Congestion can be treated with over-the-counter nasal saline sprays or Afrin (oxymetazoline) after any nasal packing has been removed. If you need to sneeze, do so through your mouth.

SUTURES: You may have stitches placed across the columella (the soft structure which divides your nostrils). Apply antibiotic ointment such as bacitracin, Neosporin, or polysporin to this area gently with a Q-tip three times daily to prevent crusting. The sutures are typically removed around 5-7 days after surgery.

ACTIVITY: Take it easy for the first several days. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children. You may resume non-vigorous activities at two weeks, then normal activities at four weeks. Avoid any activities (e.g. sports) which might result in hitting your nose for six weeks.

BATHING: You may carefully shower the day following surgery. **DO NOT GET YOUR NOSE WET**, including the splint and bandages or tape on your face. After the splint, packing, and any bandages have been removed, you may gently get your nose wet, with soap and water. Avoid swimming for at least one week after surgery.

PHARMACY: Your prescriptions were sent electronically to the following pharmacy: _____

MEDICATIONS: take as directed. Take the antibiotic until it is finished. Do not drive while taking narcotic pain medications. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle. If you are nauseated or if you vomit, take the Zofran (ondansetron) as directed.

FOLLOW-UP APPOINTMENT:

() Your appointment is scheduled for _____.

West Creek Office of Richmond Plastic Surgeons
1630 Wilkes Ridge Parkway, Suite 201
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons
14401 Sommerville Court
Midlothian, Virginia 23113

() Please call **804-285-4115** to schedule an appointment for _____.