



## **POST-OP SEPTORHINOPLASTY CARE INSTRUCTIONS**

### **Swelling Reduction:**

1. When awake place baggies of ice (can also use frozen peas) on your face over the nose and over the eye area. Do so for five minutes on & five minutes off.
2. Sleep with your head of bed elevated. You can sleep in a recliner chair or use two to three pillows to prop you up for sleeping, lying on your back. Be mindful that there may be a tiny bit of bleeding - do not use favorite pillowcases.

### **Bleeding:**

3. A small amount of bleeding for first day or two after rhinoplasty surgery is common. Apply firm pressure to the soft part of the nose. In the event of continuous bleeding, excessive amounts of blood, or questions/concerns regarding bleeding, please, contact Dr. Best's office or present to the ED.
4. Do not blow your nose. Open your mouth when sneezing to prevent pressure which may cause bleeding.

### **Diet:**

5. Drink plenty of fluids, popsicles, ice chips, and smoothies rich in protein (using spoon not straw). Do not worry about returning to regular diet in first day or two post-surgery.
6. Refrain from using straw, or chewing gum for at least 3 weeks post-surgery.
7. Pain medications may cause constipation. Incorporate fiber-rich foods and roughage once you are back to a regular diet.
8. Foods may not taste as good or lack taste due to post operative packing or swelling leading to inability to smell. This is common and will subside.
9. Avoid alcohol & tobacco consumption.

### **Bathing:**

10. Take a bath to avoid getting your nose, cast or face wet.



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**Activity:**

11. Light walking is encouraged. Do not do any strenuous activity, heavy lifting or exercise until Dr. Best has seen you in clinic and gives you the go ahead.

**Dressing/Surgical Site Care:**

12. You may have a cast on your nose. You may also have sutures on the bottom of nose. Please do not attempt to remove, just apply Vaseline ointment to each nostril twice daily x 1 week.

13. Use gentle saline spray (saltwater spray) inside your nose at least four times per day to keep the area moist and clean. You can increase this use if you are having crusting or congestion.

**Medications:**

14. Take Tylenol regularly every 6 hours while awake for pain. Do not exceed more than 4,000mg in 24h.

15. Take Celebrex twice daily as prescribed.

16. Take Dilaudid as needed for break through pain that is ongoing after taking Tylenol and Celebrex.

17. Take your antibiotic Keflex (or other if prescribed) regularly as prescribed.

If you have issues prior to your follow up appointment, call Dr. Best's office at 613-798-5555 x 13636. If there is an emergency, present to the nearest Emergency Department.