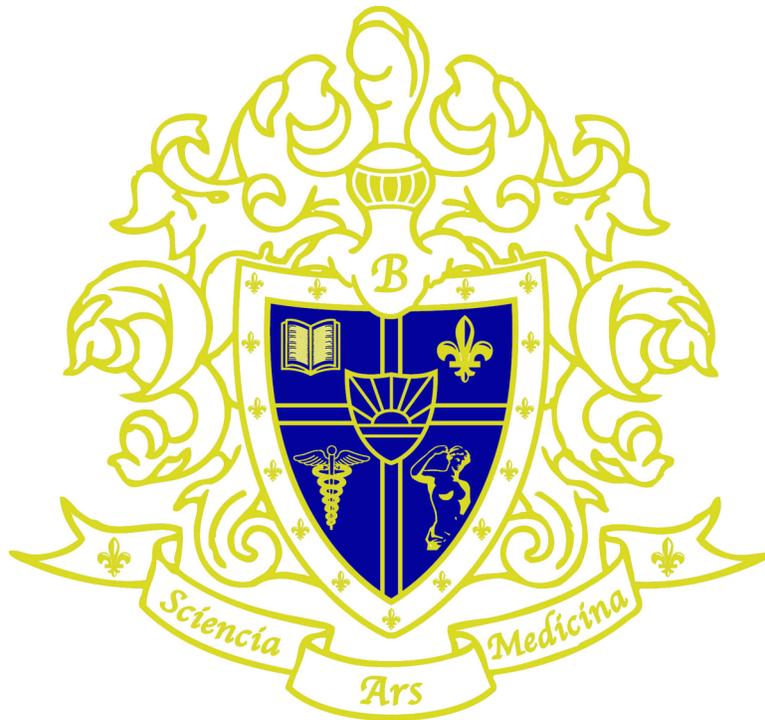


POST OPERATIVE NASAL SURGERY INSTRUCTIONS



Beeson Cosmetic Surgery

The following instructions are based on experience with thousands of nasal plastic surgery operations. They are designed to answer practically every question that may arise regarding the "do's" and "don'ts" after surgery. You and your caregivers should read these several times to familiarize yourselves thoroughly with them. Attempt to follow them faithfully, because those who do so generally have the smoothest post-operative course and obtain the best results.

Swelling

Every operation, no matter how minor, is accompanied by swelling of the surrounding tissues. The amount of swelling varies from person to person, but it seems more in the face because there is looseness of the tissues and because swelling makes the facial features appear distorted. It is usually greater when both the inside and outside of the nose have been operated upon as opposed to when surgery is done on the outside only. You will be given medicine before the operation to help keep swelling at a minimum.

Sometimes the swelling will become greater the first, or second day after surgery. It may also become more pronounced along your jaw line and is generally worse when you first arise in the morning (proof that it is better to stay up as much as possible during the day!). This is not serious and is not an indication that something is going wrong with your operation. The main thing to remember is that such swelling always eventually subsides, and your face will return to normal.

You can help the swelling to subside more quickly by:

- 1) Stay up (sitting, standing, walking around). **Important!** Of course, you should rest when you are tired.
- 2) Avoid bending over, straining, or lifting objects heavier than 5 pounds for two weeks. Besides aggravating swelling, this may raise your blood pressure and cause hemorrhage.
- 3) Avoid hitting or bumping your new nose. It is wise not to pick up small children and is best to sleep alone for one or two weeks after your operation.
- 4) Sleep with the head of your bed elevated for two weeks. To accomplish this, place two or three pillows under the head of the mattress and one or two on top of it. Sleep on your back. Try placing a pillow under each arm to help keep you from turning. Try not to roll over onto your nose.
- 5) Ice-compresses consisting of wash towels moistened in ice water (not an ice bag), applied diagonally across each eye continuously (changing every twenty minutes) for the first 48 hours following surgery is extremely important to help reduce pain as well as to reduce swelling and bruising. Many patients find that placing a cold wash towel over the front of the neck is also helpful.
- 6) Avoid sunning your face for prolonged periods for 2-3 months after your surgery and be sure to wear sunscreen with an SPF of 30 or greater. Ordinary exposure is not harmful.

7) Do not tweeze your eyebrows for 3 weeks.

8) Do not use the usual type heat hair dryer in beauty salons; use a hand held blow dryer on a cold setting.

9) When bathing take a bath and not a shower in order to avoid getting the nasal dressing wet. If it becomes loose, let us know.

10) Avoid "sniffing" - constantly forcibly attempting to pull air through your nose; as some people do when their nose feels blocked. This will not relieve the sensation of blockage. It will only aggravate congestion, because the suction created on the inside will cause more swelling.

II) Avoid constantly rubbing your nostrils and the base of your nose with Kleenex or a handkerchief. Not only will this aggravate the swelling, but also it may cause infection, or bleeding, or the accumulation of scar tissue inside the nose. Use a moustache gauze dressing instead, if the discharge is excessive. Report any excessive bleeding that persists after re-applying cold compresses and lying down still for 15 minutes.

Discoloration

It is not unusual to have varying amounts of discoloration about the face. Like swelling, the discoloration may become more pronounced after 1-2 days. It usually lasts not more than a week, all the while decreasing in intensity.

The measures that help the swelling to subside will also help the discoloration.

You can camouflage the discoloration by using make-up. Dermablend may be applied with a moist sponge. After it dries, a second layer may be applied. It can be removed with water. L'Oréal Color Correction Kits can also be used. **This may make your skin dry.** If so, a good moisturizing cream should be applied when it is removed.

Hemorrhage

Whenever the nasal passages are blocked (as when you have a cold or allergy), the nasal glands produce more mucus than normal. Your nose is blocked from the swelling resulting from your operation, so you can expect more mucus drainage for several days. It will be blood-tinged and should cause you no concern unless the drainage becomes frankly bloody and flows profusely, as when one cuts a finger.

If hemorrhage does occur, go to bed, apply ice compresses about the neck and face, and report it by telephone. You will probably be told to return to the office.

Avoid: bending over and lifting heavy objects, hitting your nose, and removing blood clots or crusts from within the nostrils.

Pain

There is usually little actual pain following rhinoplasty, but you may experience a deep. Bruised sensation as a result of the post-operative swelling that occurs. As is usually the case, this seems worse at night and when one becomes nervous.

Unfortunately, the usually prescribed drugs for pain often cause sensations of light-headedness, particularly in the immediate post-operative period, and so seem to make recovery more tedious. Therefore, it is better to try application of cold compresses and Extra Strength Tylenol before resorting to stronger drugs.

If the above are not effective, you can use the prescription medication we have provided you.

Insomnia

It is not uncommon for some patients to experience some difficulty sleeping following surgery. This resolves without treatment in almost all cases. We want to avoid prescribing sleeping medication, as it can actually lead to more bruising and slow your healing process. In some cases, we may prescribe a light sedative for you to use instead of your pain medication.

Depression

Because a person is so "keyed-up" before the operation, there is usually a mental and physical let-down afterward. It is not unusual for the patient to feel depressed and tired following surgery. If this happens, it is not abnormal.

It is not unusual for an individual to go through a period of mild depression for a period of 12 to 36 hours after surgery, because no matter how much they wanted the operation beforehand and how much they were told about what to expect post-operatively, they are shocked when they see their face swollen and discolored.

It is important to be realistic and realize that this is a very temporary condition, which will subside shortly. The best "treatment" consists of busying one's self with the details of post-operative care and trying to divert one's mind – try listening to music on your favorite playlist or listening to a good audio book.

Keep A Stiff Upper Lip

The upper lip is a key area in rhinoplasty surgery, since much work is done in this area. Therefore, you should not move your lip excessively as long as the bandage is in place so that the healing tissues are not disturbed.

Toward This End:

- 1) Avoid excessive grinning and smiling.
- 2) Don't pull your upper lip down (as women do when they apply lipstick).
- 3) Apply lipstick gently with a brush.
- 4) The upper teeth should be cleansed with toothpaste on a face cloth for 1 week in order to avoid irritation to the upper lip and base of your nose. Your lower teeth may be brushed as usual.
- 5) Avoid gum or foods that are hard to chew. Soups, mashed potatoes, stewed chicken, hamburger steak, or any easily chewable food is permissible. Avoid eating steak, French bread, etc. for the first few weeks following your surgery.
- 6) If you decide to continue wearing a moustache dressing because of excessive mucus drainage, do not change it too frequently. This is because changing the nasal drip pad gauze has a tendency to move the upper lip and base of the nose. If the dressing becomes "stuck" due to crusting, it may be loosened with a few drops of hydrogen peroxide. The best type of adhesive tape to use is Micropore paper tape, as it is less irritating to the skin.

Alcoholic Beverages

Alcoholic beverages are discouraged during the first three weeks after surgery. A social drink would be acceptable, but enough alcohol to make one feel "relaxed" also lowers one's sense of awareness, which is needed to avoid disturbing the area of the surgery. Alcohol can also lead to increased bruising.

Nasal Blockage and Nose Drops

Nasal blockage is to be expected after rhinoplasty and will gradually subside. This is a normal part of the healing process. Nose drops should not be used unless you have some bleeding because they will be little help and may injure the nose and delay healing .

Cleaning The Nose

Don't blow the nose at all for 14 days; after that, blow through both sides at once - do not compress one side.

You may clean the outside of the nose and the upper lip with cotton-tipped (Q-tips) moistened with hydrogen peroxide starting the day after your surgery, but stay on the outside of the nose. Do not go inside the nostril and do not rub too vigorously.

After one week the inside of the nostrils may be gently swabbed twice a day with a Q-tip dipped in bacitracin ointment. Do not extend into the nostril deeper than the cotton end of the Q-tip.

After the external nasal dressing has been removed, the skin on your nose may be cleaned in the usual manner twice daily to remove the oily material that is produced by the skin glands.

Resuming Your Activities

You may sleep flat without the head of your bed being elevated after 2 weeks. Until the external nasal dressing is removed, you should wear clothing that fastens either in the front or the back rather than the type that must be pulled over your head.

No swimming, gymnastics, or strenuous athletic activity for 1 month; no diving or water skiing for 2 months; no contact sports for 3 months. Avoid sneezing until the nasal dressing is removed; if you must sneeze, sneeze with your mouth open.

Eyeglasses can be worn as long as the metal splint remains on the nose. After that the splint is removed at one week, glasses must be suspended from the forehead or the nasal splint used to protect the nose for a period of 6 weeks. Our nurses will provide you with the nasal splint and show you how this is accomplished if you must wear glasses. This is important, for the constant gently pressure of the glasses may change the new contour of the nose.

Contact lens may be inserted the day after surgery. Tub bathing or showering can be resumed as soon as you feel strong enough to do so. Showers should be avoided until the external nasal dressing is removed.

The hair may be washed as if at a hair salon, with someone's help. Care should be taken not to wet the external nasal dressing. A hand blow dryer on a cold setting may be used.

Dryness of the Lips

If the lips become dry from breathing through the mouth, coat them with Vaseline, or Chapstick.

Temperature

Generally, the body temperature may be 100 degrees or slightly higher following rhinoplasty. This is due to the normal healing process and may also be this due to the fact that you may be mildly dehydrated because you are not drinking enough water.

Patients will often think they have an increased temperature because they feel warm. However, in reality they are not. If you feel you have a fever you should measure your temperature either rectally or in the armpit; the rectal temperature is 1 degree above and the armpit temperature is 1 degree below that measured by mouth.

Report any persistent temperature above 100 degrees.

Medication

At the time of surgery you will be given antibiotics and medications to help reduce your swelling and bruising. We will give you a prescription for pain medication to take as directed on the container. Do not take the medication unless you feel you need them. They should not be taken prophylactically. If you feel congested, you may take an over-the-counter antihistamine such as Zyrtec or Claritin. You can begin taking your normal medications the day after your surgery, unless we have advised otherwise. You should continue to avoid taking aspirin and aspirin related medication for 2 weeks following your surgery.

Weakness

It is not unusual after a person has an anesthetic or any type of operation for them to feel weak, have palpitations, break out in "cold sweats," or get dizzy. This gradually resolves in a few days without medication.

Your First Post Operative Office Visit

Don't build up a feeling of fear and anxiety about what is going to be done to you on the occasion of your one-week post-operative visit to the office. The outer adhesive tape and the metal splint will be removed. A special tape-removing solution is used to insure that this come off easily. There are no stitches to remove from the inside of your nose, because dissolvable sutures are used. If your nostrils were narrowed as a part of your surgery, those stitches are also dissolvable. You will probably feel much better after the first office visit.

Returning To Work or School

The average patient is able to return to school the day after the nasal dressing is removed one week following surgery. Some hardy souls have done so earlier.

When you should return to work depends on the amount of physical activity and public contact your job involves. Most patients find that they are able to return 7-10 days following surgery.

Injury To The Nose

Many individuals sustain accidental hits to their nose during the early post-operative period. One need not be overly concerned, unless the blow is hard or if hemorrhage, or considerable swelling ensues. Report the incident at your next office visit or by telephone if you are sufficiently concerned.

Finally

Remember the things you were told before your operation:

- 1) When the bandage is first removed, the nose will appear fat and turned up. This is due to operative swelling over the nose and in the upper lip. This swelling will subside significantly within a week. However, it will take up to one year for all the swelling to disappear and for your nose to reach its final contour.
- 2) The discoloration will gradually disappear over a period of 7-10 days in most cases. We have yet to encounter a case where it has persisted permanently!
- 3) The thicker and oilier your skin, the longer it will take for the swelling to subside.
- 4) The upper lip may appear stiff for a while and you may feel that it interferes with your smile. This will resolve within a few weeks.
- 5) The tip of the nose sometimes feels "numb" after rhinoplasty, but this eventually disappears. If you have any further questions, you are urged to call me.