

## Post Op Care and Expectations:

### Rhinoplasty & Septoplasty (nasal surgery)

Rhinoplasty incisions are at the base of the nose in the natural crease/fold. Some patients will have nasal splints in their nose, which will be removed in 5–7 days. You may have a cast over the bridge of your nose that will be removed in 5–7 days by our office nurse.

You will be discharged with a **prescription** for pain control. Some patients may also require a prescription for antibiotics. You **must sleep with the head of your bed elevated** for the first week after surgery to help reduce bleeding, bruising, and swelling. Ice packs are required for comfort and will also help to reduce pain and swelling. It is not uncommon to have difficulty breathing through your nose during the early post-operative period; this is usually a result of the nasal splints.

After **48 hours**, you may **shower with your back to the water** (to avoid getting your face and cast wet). The water should be **warm, not hot**. Then you may gently clean your nostrils with a Q-tip soaked in normal saline or hydrogen peroxide. Following this, put a small amount of Polysporin on a clean Q-tip and gently swab the inside of each nostril. Please use Polysporin for three days, then continue cleaning daily with hydrogen peroxide only.

You **must avoid strenuous exercise, lifting, hot showers** and any activities that will increase your blood pressure (this includes saunas and treadmills). Most patients are able to return to normal activities within three or four weeks of surgery and full physical activities at 4–6 weeks. It can take several weeks or months for all the inflammation to settle down and to realize the true results of your surgery.

All patients are seen **in the office by our nurse** at 5–7 days post-op. At this time, further instruction regarding care will be reviewed. You should plan to have someone bring you to this appointment, and refrain from driving until after you have stopped taking pain medication and are seen by the nurse, as your vision may be affected.

As with any surgery, complications can occur. Hematoma (excessive bleeding) or infection should be reported immediately. Should you have any of the following symptoms in the next 28 days, please contact our office at: **250-590-7097**:

# Dr. Jennifer Robinson

Plastic Surgeon

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- **Fever**
- **Chills**
- **Redness**
- **Constant vomiting**
- **Excessive bleeding**
- **Excessive swelling**
- **Severe pain**

Go to the closest hospital emergency department if you experience:

- **Shortness of breath**
- **New pain, swelling, heat, or redness in your leg or calf**

Our goal is to provide you with all the information and care to help you in your recovery – if you have any questions or concerns please feel free to call our office nurse.

In the event of an **emergency after clinic hours**, Dr. Robinson can be reached directly on her cell phone at the number provided by our office assistant.

**Your first appointment with our office nurse is:**

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