

CENTER FOR PLASTIC & COSMETIC SURGERY
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NOSE RESHAPING (Rhinoplasty and/or Septoplasty)

You are about to undergo a rhinoplasty and/or septoplasty procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or address concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

PRE-OPERATIVE INSTRUCTIONS:

This procedure lasts approximately 2-1/2 to 3-1/2 hours. You will spend about 1-1/2 to 2 hours in the recovery room. You will be discharged home when stable.

You must have someone drive you home and stay with you during the first 24-hours following the surgery.

Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for 4 weeks prior to the surgery.

If you are a smoker, you should stop smoking at least 4 weeks prior to the surgery and for 4 weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.

Doctor Fedele can have your prescriptions for you prior to your surgery so that you can get them filled before the day of your surgery. This will make it easier for you immediately following the surgery and save any running around to fill prescriptions after your surgery.

DAY OF SURGERY EXPECTATIONS:

Discomfort after the surgery is controlled with pain medication.

Narcotic pain medications can sometimes cause constipation. An over-the-counter stool softener (Colace) is recommended if you are prone to this.

Some nausea is normal in the first 24-48 hours following surgery. The surgery center can give you something prior to leaving. However, if you continue to experience nausea or vomiting, please contact the office to obtain a prescription for anti-nausea medication.

You must keep the nasal splint in place and do not disturb or attempt to remove this splint. This helps keep your nose in alignment and helps with swelling.

The brown Band-Aid strips called steri-strips, on the nose must remain in place until they peel off or until your first postoperative visit. Do not attempt to remove these on your own.

You will have a gauze pad under your nose to help catch any draining or oozing that may occur from your nose. This may be changed as necessary for the next 2 to 3 days. It is normal to have draining and oozing for 3 or 4 days following this procedure.

RECOVERY EXPECTATIONS

Week 1

It is best to sleep on your back with your head slightly elevated on a couple of pillows to help with the drainage and swelling from your nose.

You will likely have bruising especially around the lower eyelids. The bruising and swelling may last for several weeks. The swelling however can last up to 6 months or even a year. Limit your activities for the first week after surgery. Avoid bending at the waist or lifting heavy objects as bleeding may result.

You may use cold compresses (bags of frozen peas or washcloth soaked in ice water) over the eyes for the first 24 to 48 hours. This greatly reduces bruising and swelling.

You may carefully clean inside the nostrils with a Q-tip and peroxide twice a day and immediately apply some antibiotic ointment (Neosporin, Bacitracin, or Bactroban is suitable).

You may use saline nasal spray three to four times a day to keep the nostrils moist. It is normal to not be able to breathe through the nostrils for the first 1 to 2 weeks.

You may shower on the second or third postoperative day. Try to keep the external splint dry by carefully washing your face with a clean washcloth.

Avoid alcoholic beverages for the first two weeks following surgery as this may increase your chance of bleeding.

In the first 2 or 3 days you may have some oozing. Do not swallow the blood, as it will make you nauseated.

Any profuse bleeding which does not subside in 5 to 10 minutes should prompt a call to our office.

Take all antibiotics that are prescribed and use the pain medication to help control your discomfort.

Make an appointment with our office within the first week. At that time, we may remove the external or internal splints and sutures and give you further instructions.

Week 2 and Beyond

Expect bruising and swelling for several weeks. The swelling can last even up to 6 months to a year.

You may likely begin normal activities by the end of the first week or beginning of the second week.

Walking is okay within the first 2 weeks, exercise after 4 weeks.

Swelling will be most significant in the first two weeks. You will also have a feeling you're your nose is stiff and doesn't quite feel normal. This likely will continue for up to 4 to 6 weeks.

You may continue cleaning the inside nostrils with a Q-tip and peroxide and applying antibiotic ointment. Crusting is normal for 2 to 4 weeks after surgery.

Try not to forcefully blow your nose for 3 weeks as this may irritate the tissue, possibly causing bleeding. Also, avoid picking up small children as a flailing little arm may strike your nose.

PRECAUTIONS

If you have any questions or are unsure of your postoperative recovery, please call the office for instructions. If you experience any of the following, please call the office immediately and have the answering service contact Dr. Fedele: extreme pain especially when it is on only eye, problems with vision other than mild blurriness (which is normal within the first 24 hours), fever, chills, or a "hot-to-touch" sensation, significant redness.