Septorhinoplasty/Rhinoplasty Post-Operative Instruction Sheet

Diet: You should drink clear liquids immediately following your surgery. The day after surgery, you should begin slowly advancing to a solid diet, starting with bland foods. If you experience any nausea or vomiting, resume a clear diet for another 24 hours.

What to expect after surgery: You will have minor discomfort at the surgical site. You will likely have a small amount of blood or bloody mucous from your nose for about a week after surgery. Your nose will feel very congested. You may have some ear fullness and/or mild sinus pressure. Your eyes may be very swollen and you may have bruising around your eyes.

Activity: You should avoid heavy activity (lifting greater than 10 pounds, pushing, or pulling) for 3 weeks after surgery. Avoid any activity in which you might be hit in the nose (for example, contact sports) for 6 weeks.

Do not take any aspirin, ibuprofen, vitamin E, or herbal supplements for 1 week before surgery and 2 weeks after surgery unless specifically approved by Dr. Hall.

Do not drink alcohol, use recreational drugs, work, or operate heavy machinery/drive while taking narcotic pain medication.

Special instructions: Do not blow your nose for 2 weeks following surgery. If you need to sneeze, sneeze with your mouth wide open.

You may leave gauze under your nose as long as you are having bloody drainage. Once the drainage stops, you no longer need the gauze under your nose.

Leave your dressing in place until your follow-up appointment with Dr. Hall. Keep your dressing dry. Please call if your dressing falls off.

If you have crusting along your nasal incision line, you may gently clean the area with half-strength hydrogen peroxide on a q-tip. Gently dab, do not rub.

Sleep with your head elevated for 2 weeks after surgery.

Do not wear glasses for 2 weeks after surgery. You may place tape around the bridge of your glasses and tape the glasses to your forehead so they are not resting on your nose.

Apply a cold compress 20 minutes out of every hour while awake to both eyes for 3 days following surgery.

Call for any of the following symptoms: Temperature greater than 101.5 F; increasing pain, redness, pus, or swelling at the surgical site; significant bleeding from the nose or mouth; any other symptoms that concern you.

Follow-up: Please call 813-974-4683 for an appointment with Dr. Hall in 3 to 5 days.

Medications:
- Use 3-4 sprays of over-the-counter nasal saline to both sides of your nose every hour while you are awake.
- Apply bacitracin ointment to the incision line 3 times a day.
- Vitamin C, 1000 mg, 3 times a day, for 2 weeks after surgery
- Arnica Montana for 2 weeks after surgery (take per directions on package). Arnica Montana may contain lactose or sucrose.
Important Numbers/Contact Information

Nurse’s line: 813-974-2749/813-259-8596
After-hours emergencies: 813-974-2201

If you have routine concerns or questions, please call the nurse’s line weekdays between 8 am and 5 pm.