



# Septorhinoplasty

## Post-Op Instructions



**Pain and Swelling:** Some drainage and swelling are normal after surgery. Keep the mustache dressing under your nose until the drainage stops. Swelling of the eyes, nose and upper lip can last up to three weeks. Use iced gauze pads on the eyes and cheeks for the first 48 hours to reduce swelling (avoid ice packs). Keep your head elevated for at least 48 hours to prevent swelling. Nasal packing usually dissolves on its own—do not pick at it. Use saline spray 4–6 times a day for comfort and healing. Do not remove your splints; they will be removed at your first follow-up visit, as they are sutured in place. Apply Vaseline® or Aquaphor® to the inside of the nose twice daily, and gently clean any scabbing with diluted peroxide. Ointment helps prevent scabs from forming. Dry lips can be treated with Vaseline or Aquaphor.



**When to Call the Office:** You should call the office with any of the following: excessive pain, fever over 101, any injury to the nose or any nosebleed not controlled with Afrin®.



**Activity and Daily Care:** Temporary numbness of the upper lip and teeth is normal for about a week. Light walking can start after 3 days; heavier exercise and lifting can slowly resume after 3 weeks. Most patients return to work in about one week. Avoid sun exposure for 6 weeks. If a nasal cast is in place, do not wear glasses on the bridge of your nose for 6 weeks (they may rest on the cast). You may shower and wash your hair, avoiding getting the tape wet for one week. Avoid trauma to the nose, foods that require lots of chewing, and excessive facial movements for one week. Brush teeth gently with a soft toothbrush. Do not blow your nose for one week; gentle sniffing is okay, and sneezing with your mouth open is okay. Most patients return to work after 1 week, depending on the nature of their job. If you use CPAP for sleep apnea, avoid it for one week unless told otherwise.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our office at **518-701-2000** if you have any questions or concerns. We are happy to assist you.