



## **RHINOPLASTY / SEPTORHINOPLASTY CARE INSTRUCTIONS**

**These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions it may increase your risk of possible complications and compromise results of the procedure.**

### **WHAT TO EXPECT AFTER SURGERY**

<b>HOSPITAL STAY</b>	A Rhinoplasty / Septorhinoplasty operation is normally a day surgery procedure (unless otherwise discussed with Dr Doyle prior to your surgery) therefore you will leave hospital the same day.
<b>HOSPITAL RECOVERY &amp; DISCHARGE</b>	After your surgery you will wake in recovery. When you awake you will have a splint on your nose, which will be removed at your first post surgery appointment. Your time spent in recovery will depend on the length of procedure and how you have responded to the surgery and the anaesthesia. The nurses will monitor you during this time and your discharge will be at the discretion of the hospital staff. Once they feel you are fit to be released, they will call your nominated person to collect you (as you will be unfit to drive).
<b>PAIN RELIEF</b>	You will be given a script for pain medication and for anti nausea to take home with you. Your Anaesthetist will provide you a full list of instructions. Any medications you have been prescribed can be collected from the JFH pharmacy.
<b>PAIN LEVEL</b>	Expect your nose to have some pain and numbness in areas and maximum discomfort breathing occurring within the first few days. Swollen nasal tissue may cause the nose to seem blocked up for a couple of weeks. Mild bleeding is expected and is normal. You may experience swelling and bruising around your eyes. Majority of this will subside in 6 to 8 weeks. Your recovery is subject to your response to the healing process and is different for everyone.
<b>WOUND CARE</b>	You are able to shower the following day. The splint on your nose is to remain dry and intact except the morning of your first post op appointment at approximately 5-7 days when you are advised to wet the splint as this will assist it's removal.
<b>POST OP APPOINTMENT</b>	All future nursing appointments will be booked in advance and prior to your procedure. This will be given to you when you leave hospital ( <b>see Post Op appointment information in full on page 2</b> ).

**WHAT TO EXPECT AFTER SURGERY continued**

<b>HOME CARE</b>	Your nostrils may be cleaned around the outside only with a cotton bud moistened with cooled boiling water. Avoid sticking anything inside your nose.
	We recommend the use of nasal saline sprays. They can be purchased over the counter from pharmacies. These may help dissolve any blood and mucous left in your nose after your surgery and may improve your ability to breathe through your nose.
	If you have to sneeze do so through your mouth to reduce pressure on your nose.

**WEEKS FOLLOWING SURGERY**

<b>GCPS POST OP APPOINTMENTS</b>	The standard review appointments following an Rhinoplasty / Septorhinoplasty operation are as follows:
	1. Approximately 5 - 7 days post-surgery you will be reviewed by our nurse. Prior to your appointment allow warm water to wash over the splint. This will assist the removal of the splint and will make the procedure more comfortable
	3. All appointments following this vary slightly between patients. However review appointments are quite common approximately 6 weeks, 3 months and 6 months post surgery. During one of these visits you will have after photographs taken you're your medical records.
<b>HOME CARE</b>	For comfort and reduced swelling sleep with your head slightly raised on 1 to 2 pillows for as long as swelling persists.
	Avoid blowing your nose for 2 weeks after your surgery to decrease the chance of bleeding. After this time, you may start to softly blow your nose with caution.
	Avoid wearing glasses for the first 4 weeks. This is to minimise the indentation of the swelling on the bridge of your nose. However, if you need your glasses, for example driving and reading, you may do so but for short periods of time.



## RETURNING TO DAILY ACTIVITIES

<b>EXERCISE / ACTIVITY</b>	Start gentle walking as soon as possible to help reduce swelling and lower the risk of blood clots.
	Allow yourself at least 1 to 2 weeks to recuperate before returning to non-strenuous work. No bending over, lifting or straining during this time. Most patients may resume light exercise 3 to 4 weeks after surgery.
	Strenuous exercise is restricted for 6 - 8 weeks as it may cause increased swelling, bleeding, which may lead to disruption of the healing process. These include activities such as upper body weight training, push-ups and running.
<b>SWIMMING &amp; SUN EXPOSURE</b>	Your scars will be reddened for about 6-12 months, then should start to fade and soften. Avoid exposing scars to the sun. If sun the is unavoidable, always apply sunscreen.
	No ocean water or pool water for 3 to 4 weeks post surgery or until your wounds are fully healed
<b>DRIVING</b>	You are not allowed to drive for the first 24 to 48 hours post anaesthetic. We advise you refrain from driving until you are able to operate your car in a safe manner and when you are no longer taking any narcotic medications.

## CONTACT INFORMATION

If you have any concerns regarding your care please see our website for care information. Alternatively do not hesitate to contact our rooms on (07) 5598 0988. If the rooms are unattended and you are unwell and need medical attention please seek treatment at your GP, an Emergency Department of your choice or call 000.