

## INSTRUCTIONS FOR PRE & POST OPERATIVE SURGERY – SEPTO-RHINOPLASTY (Nose)

See the supplements recommended for use in the pre & post operative period and medications to avoid list given to you at your initial consultation.

No smoking, no Nicorette Gum or Patches, this delays wound healing.

Do not touch your nose or use nasal sprays or drops. Do not rest your eyeglasses on your nose for two weeks. If you wear contact lenses, you may wear them if it is comfortable. This will depend on the amount of bruising and swelling around your eyes. Walk as much as tolerable but with assistance in the first 24-48 hours. Rest on back with your head elevated to decrease swelling and bruising. Generally there should be no exercise for three to six weeks following surgery. Apply ice compresses (do not let ice directly touch your skin) in the first 24-48 hours. Drink plenty of fluids and eat small portions every few hours until your body and digestive system are back to normal. Pain medications may cause constipation. Use Colace, which can be purchased "over the counter", take as directed.

No alcohol, or flying in an airplane for two weeks following surgery. No sex for three weeks. Do not take a hot bath the steam can loosen your nasal tape/splint. Do not touch your nasal tapes. Your tape and splint will be removed approximately seven days after surgery. Then you will wear the splint at night for an additional week.

You may not wash your hair until the tape and splint have been removed. After your splint and tapes are removed, you may wash your face and nose with a mild cleanser. Consult with our skin care department on products. Do not put anything in your nose i.e. Q-tips, or blow your nose for at least two weeks following surgery. If you feel the urge to sneeze, allow the air to escape through your mouth, not your nose.

Call the office for follow up appointment as instructed by the discharge planner. Remember we are always available to answer any questions: (586) 779-3030 After hours (313) 396-0787.