



## Care of Your Nose after Rhinoplasty

Correct post-operative care is essential to the success of the surgery.

### Regular Post-Operative Care:

- Use ice packs over the head and eyes for 2-3 days
- Apply antibiotic ointment (if prescribed) to the inside of the nostrils 3 to 4 times a day
- Antibiotic tablets are continued for 1 week or as prescribed
- Keep the plaster cast dry until it is removed (generally at 1 week)
- Keep your head elevated, do not bend over or strain excessively
- Douche your nose at least 6 times a day with Saline spray once the internal splints are removed
- (The more you spray your nose the better and quicker it will heal)

### Pain:

- Headache and pain is usually not severe
- It is OK to use: Paracetamol, Codeine, Panadeine, Digesic, or Mersyndol
- Do NOT take Aspirin, Neurofen or medicines containing NSAIDS as these may cause your nose to bleed (Ask your chemist or call Dr Shahidi)

### Blockage, Runny Nose:

- The nasal airway is often very blocked in the first week due to swelling. It will settle over time by itself and once the splint is removed
- Anti-histamines may help runny nose such as Telfast, Claratyne, Hismanal, and Zyrtec
- Do NOT blow your nose during the first week, as it could cause a nose bleed

### Bloody Discharge:

- A small amount of bloodstained discharge is normal. Change the bolster as needed
- Expect decreasing amounts over 7-14 days depending on the surgery performed
- The bolster can be removed once nasal discharge has settled
- Nasal and Facial Appearance:
  - In the first week the nostrils will be asymmetric and the tip of the nose may seem raised
  - The shape of the nose takes many weeks to months to settle
  - There will be swelling around the nose and cheeks
  - Resting with your head up reduces swelling

**Make-up: May be used at any time**

**Bruising Variable: Use Hirudoid cream 1 week after surgery**

**Return to Work: Usually at 1-2 weeks**

**Strenuous Exercise or travel: 4 weeks**

**Contact Sports: Avoid for at least 3 months after Rhinoplasty**

**Eye glasses: Do not wear glasses for 4-6 weeks after Rhinoplasty**

### Emergency:

- Contact Dr Shahidi on (02) 9419 5477. If he is unavailable attend your nearest Accident & Emergency Department

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