



MARK GITTOS | PLASTIC SURGERY

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## RHINOPLASTY POST OP INSTRUCTIONS

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### GOING HOME

- Ensure you have your scripts and medications with you
- Organise a friend or family member to pick you up from the hospital and stay with you for the first 24 hours
- Organise where you are going to sleep at home (bed/recliner), prepare a pillow for each side of your body and sleep elevated
- Arrange to have light meals post- surgery as anaesthetics can cause nausea
- Drink lots of water post-surgery
- Bring some comfortable loose clothing with you to the hospital
- Prepare ice packs to intermittently apply to the nose area

### INCISION/WOUND CARE

- You will wake up after surgery with a small silicone splint placed on top the upper two-thirds of the nose at the completion of the procedure
- This splint acts both as a protector for the freshly operated nose and helps to maintain the position of the newly sculpted nasal bones
- The splint will be removed by Dr Gittos one week post surgery
- Do not allow it to get wet or it may separate post-surgery

### NASAL BANDAGE

- You will wake up after surgery with a small bandage placed between the bottom of the nose and the upper lip
- This can be changed as often as needed during the day at the hospital
- A small amount of oozing is ordinary and expected, it should not concern you
- The loosely closed incision allows blood to escape rather than flow back up into the nasal tissue
- Most of this oozing stops by the evening of surgery or by the following morning – a small amount of red-pink blood is to be expected

### NASAL PACKING

- A small amount of loose packing is sometimes placed just into the nostrils especially if your surgery is also to relieve a nasal breathing obstruction
- This loose packing is removed painlessly up to 5 days post-surgery

## OTHER

- During the day and evening of your surgery, cold moist compresses are recommended placed over the eyes to reduce swelling and control bruising
- You may gently use frozen peas placed in a clean face washer
- Do not use nose drops or blow your nose
- You will be wearing compression socks from the hospital, keep these on for 3 days or until you are walking comfortably
- If dry blood is sitting in nose, you may use cotton tip with Vaseline and gently remove

## MEDICATION

- At the hospital you will be given a script and instructions for pain management by the anaesthetist
- You also may or may not be given antibiotics by the anaesthetist to be taken over the next 5 days (take as per the instructions)
- You may take Panadol (Paracetamol) every 4-6 hours
- Avoid Blood thinners and aspirins for the first week
- Do not consume alcohol while taking the medications
- Only take medication that is prescribed
- Constipation is very common due to the pain medication and anaesthesia. Please use an over the counter or any laxative that has worked for you in the past. You may start taking something 2-3 days post-surgery

## WHAT TO EXPECT

- You should be comfortable at home however the face may feel puffy and the nose may ache
- You may have a dull headache
- The pain medication prescribed will relieve it slightly but not completely
- The nose and around the eyes will be swollen and bruised
- It may be difficult to breathe through the nose for several days which will improve as the swelling and bruising goes down
- Nasal stuffiness during the week after surgery which may persist for several weeks
- Puffiness or swelling of the eyelids may be most pronounced on the second or third day after surgery and is no cause for concern
- Bruising and discolouration around the eyes
- A small amount of pink-coloured water nasal discharge for a few days which can be absorbed by a facial tissue

## ACTIVITIES

- **The first 48 hours:** You should relax at home ensure that you have an adult with you that can help during this time
- **Sleeping:** Sleep on your back with your head and back supported on 2-3 pillows for the first 2 weeks and a pillow on each side
- **Showering:** You may shower day 2 post surgery ensuring the steam or water does not surround the nose
- **Walking:** We encourage you to start walking around at home to start with as soon as possible to minimise the risk of blood clots
- **Avoid:** Bending, lifting or straining of any kind 14 days post-surgery
- **Normal activities:** Ease back into normal activities – most can return to work after 7 days – depending on your type of work
- **Driving:** You can drive after 7 days provided you are no longer taking strong pain medications
- **Smoking:** You must not smoke
- **Lifting:** No heavy lifting for 12 weeks
- Do not wear sunglasses or reading glasses
- **Exercise:** Do not do any aerobic or jumping, running or weights for at least 4-6 weeks to avoid excessive swelling or bleeding

## **POST SURGERY APPOINTMENTS**

- You will need to see Dr Gittos or his nurse in his rooms 1 week after surgery to have your dressings changed and check the progression of healing
- Please make this appointment when confirming your surgery date with Petrina or Ita on 529 5352

## **WHEN TO CALL US**

If you experience any of the following symptoms you should contact us promptly;

- Constant severe pain not relieved by medication
- Constant bleeding or constant oozing from the wounds
- Fever exceeding 38 degrees Celsius
- Any change in vision