

1. Swelling and Bruising

Post operative swelling and bruising should be expected for approximately two weeks. To reduce this condition, your head should be elevated and cold compresses should be applied around the nose and eyes. Residual bruising may be noticeable for several weeks and subtle swelling of the nose may be present for several months. **If you experience severe swelling or changes in vision, call the office immediately.**

2. Activity

Sit up or lay in a semi-reclined position. Elevate the head of your bed 30 degrees. **No strenuous activity, straining, or bending over for 72 hours.** Increase activity as tolerated with no heavy exercise for two weeks. Do not smoke or drink alcohol for 24 hours following surgery. Avoid excessive physical activities that raise the blood pressure, such as jogging, swimming, or weight lifting for the first several weeks after surgery.

3. Fever

If a temperature above 101.5 occurs, contact the office.

4. Baseline Pain

Unless you are allergic to or otherwise cannot take Ibuprofen or Tylenol (acetaminophen), please start taking the following:

800mg of Ibuprofen and 500mg of Tylenol every 8 hours for 4 days.

- You will receive a prescription for Ibuprofen
- Extra Strength Tylenol (500 mg) may be purchased over-the-counter

Breakthrough pain: you may take additional Tylenol, not to exceed 4000mg in one day. You may substitute Hydrocodone (which contains 325mg of Tylenol) for Tylenol.

After day 4: you may take over-the-counter Ibuprofen and Tylenol.

- We recommend no more than 2400mg of Ibuprofen in a day, if taking it for extended periods after post operative day 4.
- We recommend no more than 2000mg of Tylenol in a day, if taking it for extended periods after post operative day 4.

If pain is exceeding the recommended regimen, contact the office.

5. Diet

Eat something when you feel ready.

6. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting, you should discontinue the narcotic pain medication and call the office

7. Washing

Do not get surgical site wet for 24 hours after surgery. Later you may let water run over the area for brief periods. Do not soak. Do not let shower spray directly onto the surgical site.

8. Wound Care

Use the saline nasal spray at least four times daily to keep the scab thin. Try to keep the blood clot from caking over the area. Use cotton tipped applicators to clean inside the tip area very gently.

9. Cleanliness and Healing

The incision will heal better if it is carefully kept clean during the healing period. Sutures dissolve in two weeks.

10. Bleeding

Active bleeding can be controlled by some simple measures. Keep the head elevated. Stay calm and relaxed. Use Neo-synephrine (phenylephrine) or Afrin (oxymetazoline) nasal spray.

11. Nose Blowing

Do not blow your nose for 4 weeks. Gentle sniffing in (once the nasal packs have been removed) is ok.

12. Glasses

Do not wear glasses for 6 weeks.

13. Sleeping

Be careful not to deform the nose during sleep. The changes in position of the cartilages and bones need time to heal before they will be stable.

14. Smoking

Cease all use of tobacco for 6 weeks prior to, and 6 months after surgery. Failure to do so may have serious negative effects on the success of the surgery.

Patient Name: _____

Ride Signature: _____

Next dose of Ibuprofen with Tylenol:
