

Prabhat K. Bhamra, MD, MPH, FACS
Facial Plastic and Reconstructive Surgery
Otolaryngology – Head and Neck Surgery
Center for Facial Paralysis
Providence Medical Group
www.washingtonplasticsurg.com

Important phone numbers:

1. Providence Regional Medical Center Everett: (425) 261-2000
2. Providence Mill Creek ENT Clinic: (425) 316-5100
3. Providence North Everett ENT Clinic: (425) 297-5350

***RHINOPLASTY, SEPTOPLASTY, SEPTORHINOPLASTY, TURBINATE REDUCTION , SINUS SURGERY
BEFORE AND AFTER YOUR NASAL SURGERY***

Thank you for choosing Providence Facial Plastic and Reconstructive Surgery for your care. Please follow these instructions for care of your wound. Do not hesitate to let us know if you have any questions.

Before your operation:

1. Do not take any of the following medications for 4 weeks prior to surgery:
 - a. Aspirin (unless it is a 81 mg dose required by your primary care provider)
 - b. Advil containing compounds (Motrin, Alleve, etc.)
 - c. Herbal supplements (Ginko, Ginseng, Garlic, etc.)
 - d. Fish oil
 - e. Vitamin E
2. Do not smoke for at least 4 weeks before AND after surgery. This includes tobacco, marijuana, cigars, pipes, etc.

Specific aftercare instructions:

1. Do not blow your nose.
2. While sleeping, keep your head elevated on at least two pillows for the first 2 weeks after surgery so your head is at 45 degrees or more. This will help your swelling.
3. During the day, it's ok to apply an ice bag around the eyes, but do not put any pressure on the nose or the splint.
4. The swelling will peak at 48 – 72 hours post-operatively.
5. Do not consume alcohol in the first couple weeks after surgery.
6. Usually, Dr. Bhamra will recommend only Tylenol and Ibuprofen for pain. You can take these around the clock per the instructions on the bottle. If required, you may take extra narcotic pain medication as prescribed.
7. DIET:

- a. On the day of surgery, take a light diet of liquids only. The next day, you may start a soft diet. For two weeks, avoid hard foods that would require moving your lip a lot (large hamburger, corn on the cob, etc.).
 - b. Do not use straws.
 - c. Minimize your salt intake to help reduce swelling.
8. It is normal to have some bleeding under the nostrils for a few days after surgery. You may tape a gauze under your nose and change it as needed if you like.
9. Do not sniff or blow your nose for 2 weeks after surgery. If you sneeze, make sure you keep your mouth open.
10. It's ok to shower, but do not get the nasal splint wet. If you had ear cartilage harvest or rib cartilage harvest, do not get those areas wet either.
11. WOUND CARE:
 - a. If you had ear cartilage harvest – do not remove the yellow dressing on the ear. It is sutured in place. Simply apply bacitracin to the yellow dressing three times daily.
 - b. If you had rib cartilage harvest – no care is needed for this.
 - c. For the nose, GENTLY clean with mild soapy water twice daily. For crusts, clean with a cotton-tipped applicator soaked in ½ strength hydrogen peroxide three times daily using a rolling motion. Apply bacitracin to the wounds three times daily. After three days, discontinue use bacitracin and use Aquaphor® instead.
 - d. Spray nasal saline at the nostrils every hour while awake. The saline may not get into the nostrils, and that's ok. It is meant to keep the wound and splints moist.

General Instructions:

1. ACTIVITY:
 - a. No strenuous activity (anything that increases your heart rate above 100 beats per minute such as aerobics, heavy lifting, bending over) for 4 weeks after surgery.
 - b. After the first two post-operative weeks, you can slowly increase your activity level until back to normal levels at the 4-week point.
2. Do not bump your nose!
3. The splint will be removed between 5-14 days after surgery depending on your situation. Dr. Bhama can give you a more exact time frame if you desire.
4. After the splint has been removed, do not wear glasses or allow anything else to rest on your nose for 4 weeks. Glasses can be taped to the head, or you may purchase a strap to hold your glasses on from Amazon. Search for "Pro Optics Pro-Nose Guard." Alternatively, you may wear contact lenses.
5. After removing the splint, you can wash your nose very gently with a mild soap and water.
6. The nasal skin is very sensitive to ultraviolet light after surgery. Keep your nose out of the sun as much as possible. Wearing a wide-brimmed hat and using sun block can be helpful. Our Mill Creek Plastic and Reconstructive Surgery clinic sells an ideal sunblock for this purpose.

7. Do not worry if your nose feels numb or “tingly” after surgery. This is completely normal and will improve over the subsequent few weeks to months.
8. Your nose will feel more stuff after surgery, which is normal, and will gradually return to normal.
9. Swelling will continue to improve over the next few weeks. It takes up to a full year for the swelling to completely resolve.
10. Avoid wearing clothes that need to be pulled over your head, like a turtleneck. The pressure on your nose can move important grafts that were used in your surgery.
11. *Call the office immediately if:* you have nausea, vomiting, rash, shortness of breath, diarrhea, a fever, redness or increased pain at the surgical site.

Your follow-up appointment:

1. You will be seen in follow up 5-10 days following surgery. If you do not have a follow-up appointment, please call the office for an appointment.
2. Dr. Bhama will likely remove your cast and splints during your first post-operative appointment. Your nose will be very swollen and remain swollen for several weeks. This is normal.