



Spokane Ear, Nose & Throat Clinic, P.S.

Diseases of the
Ear, Nose & Throat

Sinus & Allergy Care

Sleep Disorders

Snoring Treatment

Hearing Problems

Cochlear Implants

Plastic/Cosmetic Surgery

On-Site Surgery Center

Industrial Claims

Spokane Center for
Facial Plastic Surgery

Columbia Hearing Center

Inland Northwest
Foundation
for Hearing

Karen K. Ahlstrom, MD
General and Pediatric
Otolaryngology

Robert A. Bonneau, MD
Sinus and Allergy
Sleep Apnea and Snoring

Jeffrey D. Bunn, MD
Head & Neck Surgery
General Otolaryngology

Gary E. Cantlon, MD
Pediatric and General
Otolaryngology

Jan S. Connelly, MD
Sinus, Nasal & Allergy
Disorders

Michael J. Cruz, MD
Sinus, Nasal & Allergy
Disorders
Sleep Apnea & Snoring

Neil A. Giddings, MD
Otology/Neurotology
Implantable Hearing Aids

John F. Hoffmann, MD
Facial Plastic &
Reconstructive Surgery
General & Pediatric
Otolaryngology

David S. Malone, MD
General Otolaryngology

Neil J. O'Keefe, MD
Sinus & Allergy
General Otolaryngology

Michael J. Olds, MD
Otology/Neurotology
Pediatric Otology
Pediatric Cochlear Implants

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Sinus & Allergy
General and Pediatric
Otolaryngology

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POST-OPERATIVE INSTRUCTIONS Rhinoplasty Surgeries

Activity- The first week:

- You may carefully clean about the nostrils with a Q-tip and peroxide 3 times per day. Immediately afterwards place a bit of antibiotic ointment (provided) in the nostrils to keep them from drying out. Swelling for at least two weeks will obstruct your nasal passages. A humidifier may help you sleep by allowing you to breathe through your mouth more comfortably.
- Do not blow your nose or sniff excessively as this will only irritate the healing tissues. If you must sneeze, open your mouth. Also, avoid picking up babies or small children; a flailing little arm may strike you in the nose. You probably will hit your nose once or more during the first week. This will hurt but cause no problem unless the force is excessive.
- It is ok to bathe or shower & to get the cast wet.
- Avoid cigarette smoking or even being in the area of excessive smoke as this irritates the nasal tissues and impedes healing.

Activity – After the first week:

- It takes six weeks for the nasal bones to fully heal. Semi-contact sports are to be avoided for four to six months. Full swimming is allowed after six weeks.
- Do not let your nose become sunburned for six months. This may result in prolonged swelling and erythema (redness).

Pain, swelling, bruising:

- Most patients complain more from discomfort from nasal and sinus congestion than from pain. Any pain should be controlled via the prescribed medication. After the first day the pain may subside enough so that Advil or plain Tylenol may be sufficient. If not give us a call. Swelling and bruising about the eyes and cheeks is variable. Swelling maximizes at about two days then subsides over the next 5-6 days. Do not worry if you have excess swelling around eyes and cheeks. This will clear completely and not adversely affect the final result. Keep ice pads on eyes until bedtime. Change every 20-30 minutes. This will be beneficial the first 24-48 hours after surgery, for minimizing swelling. Bruising (discoloration) may persist a few days longer. Remember that all these effects subside in time with no bearing on the final result.

Bleeding:

- It is normal to have some nasal bleeding over the first twelve hours after surgery. It may be necessary to change the gauze drip-pad a dozen or so times over that period. It is normal to have a pinkish-reddish discharge from your nose and throat for the first 3-4 days. This will gradually subside. If you have any profuse nasal bleeding after this time, immediately lie down with your head elevated on three to four pillows. Iced washcloths on the back of the neck and over the eyes may help. Give us a call if these measures do not suffice. If the cast has been removed, forego the finger-on-nose "exercises" until you check with us.

Nose:

* Change the drip pad under your nose as needed (you will not need a drip pad after the packing is removed). After the packing is removed, use a nasal saline mist every 1-2 hours while awake for approximately 2-3 weeks. This non-medicated spray can be obtained at most pharmacies. Using this spray will prevent dryness and crusting of the inside of the nose. Clean your incision with peroxide, and then apply Polysporin ointment to the suture twice a day. Sutures will be removed on postoperative day 3. Avoid contact sports or any nasal trauma for 6 weeks. It is expected that you may need to change your drip pad a dozen times during the first 18 hours postoperatively...if you are concerned with the amount of bleeding, call our office.

Infection:

- Infection is unusual after nasal surgery, but occasionally occurs. Fever (over 100 degrees), excessive pain and swelling with redness may signify a developing nasal infection and should be reported. Infections generally clear up quickly with appropriate antibiotic treatment. Itching under the cast may occur and generally is treated with distraction.

Post-operative visit

- Sutures are removed and the nose is cleaned three to five days after surgery. These appointments will be made at the time of your pre-op visit. If you do not have them by that time, you should call our office and make these appointments. At seven or eight days after surgery the cast is removed. When the cast is removed the nose will be quite swollen and the nasal tip will be turned up. This will settle down over the next 3-4 days, then more gradually thereafter. Remember that the nose does not assume its final shape until many months after surgery, depending upon the type of nasal skin you have. Your nose will probably look better than prior to the operation within 2-3 weeks, but the final result takes longer; be patient. Occasionally an injection is necessary to reduce swelling in an area. This is relatively painless and done in the weeks following surgery to give you the best possible result.

Any touch up surgery that may be necessary is not done for at least six months. This is usually a small office procedure and no physician's fee is charged. There is a nominal charge for the facility/supplies and anesthesia if sedation is needed.

We hope the above information will help you in the post-operative period. Remember to call on us if you have any questions. Our goal is to give you the best possible care.

I have read, and understand, and reviewed/received a copy of the post-operative instructions as stated above.

Signature: _____ Date: _____

Witness: _____ Date: _____

Any problems please call 624-2326, if after business hours call 458-4468.

Reviewed:

Revised: