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INSTRUCTIONS FOR PATIENTS UNDERGOING SEPTOPLASTY/RHINOPLASTY

BEFORE SURGERY

PLEASE CAREFULLY READ THE GENERAL SURGICAL INSTRUCTION SHEET GIVEN TO YOU AND FOLLOW THESE INSTRUCTIONS:

- These are the supplies you will need to buy ahead of time; Hydrogen Peroxide, Ziplock bags, Frozen peas, Q-tips, Saline Nasal Spray, Ayr Gel (A saline gel)
- Remember, our goal in a good rhinoplasty is to achieve a better-looking nose, not a perfect nose.
- Use Bromelain and Arnica 1 week before surgery. Continue for 2 weeks after surgery for up to 1 month and follow the directions of use on the bottle that you purchase
- Buy Chap stick as you will need it for the first few weeks after rhinoplasty
- To sleep use 2 pillows to elevate the head, 1 pillow under the knees and more on sides for comfort.
- First few days drink soups smoothies mostly. Do not use a straw as it pulls on the nasal tip. Use a cup or spoon.
- Gradually move on to soft foods like bananas, mashed potatoes, pasta, etc. Sometimes, it is easier to drink from the side of your mouth
- For icing or icing remember the 60 second rule. Move the ice pack every 60 seconds to avoid ice burns.
- In preparation for your surgery please get light frame and lenses if you wear glasses. You
- can also use contact lenses. After your splint removal we can provide you with a splint to rest your glasses on.

AFTER SURGERY

- After surgery apply cold compresses to the forehead and eyes for the first two days. Use the frozen peas in a ziplock bag or rubbing alcohol mixed with water in a ziplock bag which becomes soft like jelly on freezing. It will help with the swelling which usually gets worst the day after surgery.

- Apply the antibiotic ointment you get from the hospital in your nostrils three to four times a day with a Q-tip for one week.
- Do not blow your nose for 7 to 10 days. Wipe or dab nose gently with a tissue, if necessary.
- Do not chew gum for one week.
- Do not eat anything that requires excessive chewing, is hard to chew or needs a big bite like an apple or a burger for one week.
- Change the dressing under your nose (if present) until drainage stops. The drainage usually is mucus if mixed with some blood. You will experience frequent drainage requiring dressing changes.
- Spray your nose with saline spray four to five times a day for the first month.
- Apply Ayr Gel in each nostril before going to sleep for one month.
- Sleep with two pillows.
- If there is any packing inside your nose, you will have to breathe through your mouth. That can make your mouth and throat dry and at times, sore. Carry a water bottle with you and sip on it frequently. At night, use a cool mist humidifier in your bedroom. If any packing comes out of your nose, give us a call.
- Watering of eyes and sinus type headaches are common with nasal packing. If headaches are severe, notify the office.
- The nasal splint will remain in place until removed in the office between 3 to 7 days after surgery
- Do not disturb it and keep it dry. After the splint comes off, your nose will be tender, oily and itchy.
- Occasionally there will be stitches under the tip of the nose. These will be removed at the same time as the nasal splint. Some absorbable stitches are placed inside the nasal cavities. If you find a stitch hanging out of the nose, do not pull on it but you can trim it with small scissors.
- Avoid physical activity. Do not bend down as it increases blood flow to your face increasing the chances of bleeding.
- You may wash your face carefully around the dressing. Take tub baths until the nasal splint is removed.
- Wear clothing that fastens in front or back for 1 week. Avoid slipover sweaters, T-shirts, and turtlenecks.
- Don't swim for 1 month since injuries are common during swimming.
- Don't be concerned if, following removal of dressing, the nose, eyes, and upper lip show some swelling and discoloration. This usually clears in 2-3 weeks. In certain patients, it may require 6 months for all swelling to completely subside.
- Do not wear regular glasses or sunglasses which rest on the bridge of the nose for at least 4 weeks. You can get cheek supports placed on your glasses by an optician or tape the center bridge to the forehead.
- We will instruct you in the method of taping the glasses to your forehead to avoid pressure on the nose.
- Contact lenses may be worn within 2-3 days after surgery.

- After the nasal splint is removed, the skin over the nose may be cleansed gently with a mild soap or Vaseline Intensive Care Lotion. BE GENTLE. Makeup may be used as soon as the bandages are removed. To cover discoloration, you may use "ERASE" by Max Factor, "COVER AWAY" by Adrien Arpel, "ON YOUR MARK" by Kenneth or "DERMABLEND" by Corrective Cosmetics.
- When we remove your splint, your nose will be swollen and will remain so for several weeks. In fact, it takes at least 1 year for all swelling to subside.
- Return to work or school a week after surgery if you feel well. Work involving physical exertion should be resumed in two weeks after surgery.
- A low fever, i.e., 99° is common the night of surgery, but any higher fever or pain not relieved by medication must be reported to the doctor.
- The nasal skin can be excessively oily after rhinoplasty. Clean it with a cleanser or hydrogen peroxide.
- The tip of your nose will be numb for as long as three months. Make sure to protect it against excessive cold or heat.
- It is normal to feel irregularities along the nasal bones or skin after surgery. The purpose of the surgery is to have a better-looking nose and not a better feeling nose with no irregularities. It is just not possible to achieve that.
- Use Bromelain and /or Arnica for 2 weeks after surgery for up to 1 month.
- Some nose bleeding is normal after surgery, ensure gentle icing, gentle cleaning of the nose, and bed rest until bleeding stops. If bleeding is excessive or does not stop please call our office.

Lastly, if in doubt about anything at any time, please call my office. (908) 470-2600

YOUR QUESTIONS AND NOTES:
