

Post Operative Instructions Rhinoplasty (Nose Surgery)

The goal is to make your surgical experience and recovery as comfortable as possible. Please call us with any questions or concerns.

Please review the following recommendations for postoperative care and the other written and verbal information you have received from your doctor. You play an active and essential role in your recovery process. It is our pleasure to assist you and care for you at any time.

Medications:

You will receive pain medication (Narcotic), and an antibiotic ointment (Mupirocin 2%).

- IF YOU LIVE ALONE, ARRANGE FOR SOMEONE TO STAY OVERNIGHT AFTER SURGERY
- DO NOT drive or operate machinery for 24 hours after surgery
- DO NOT drink alcoholic beverages for 24 hours after surgery
- DO NOT make major decisions, sign contracts, etc. for 24 hours after surgery.

Swelling/Discoloration:

After this type of procedure, your face and nose are usually swollen and may show noticeable bruising. Most swelling usually resolves quickly over 5-7 days (more slowly if you have had prior surgery or trauma on our face), while the discoloration will diminish more gradually over 7-10 days. There will be a residual 10-15% of your swelling will take about 1 year to completely resolve. You may notice that one side of your face will be slightly more or less swollen than the other – this is normal and is not a cause of concern.

What to Expect:

Occasionally, swelling may cause the lower lid to become separated from the eye and may lead to incomplete eyelid closure for a few days. Both of these conditions will resolve as swelling diminishes. Tearing or eye irritation, if present, will usually resolve as swelling decreases and the eyelids close. You will not be able to take in breaths through your nose, and this is normal until the swelling resolves. The final look of your nose will take about 9-12 months for you to see due to the residual swelling that takes time to resolve.

The following are some recommendations directed at relieving discomfort and speeding the recovery process:

Please visit Dr. Dan Calva's website at www.danielcalva.com for additional information.

- After business hours or weekends – (305) 203-3938
- Dr. Dan Calva's Cell Phone – (305) 814-9582

1. REST IN BED OR A CHAIR for the first 7 days following surgery. Be sure to keep your head elevated at a minimum of 45 degrees (2-3 pillows).
2. AVOID HITTING OR BUMPING YOUR FACE AND NOSE. It is wise not to pick up small children and you should sleep alone for one week after your operation.
3. APPLY COLD COMPRESSES. (See “frozen pea packets”) as often as possible for the first 72 hours after surgery. At a minimum 6 times per day for 30 min at a time. Use it on our face close to the nose, but DO NOT PUT PRESSURE ON YOUR NASAL SPLINT.
4. AVOID BENDING, STRAINING, HEAVY LIFTING for 2 weeks following surgery. In addition to aggravating swelling, these activities may elevate blood pressure and start bleeding.
5. AVOID EXCESSIVE SMILING, CHEWING, TALKING OR YAWNING for 2 weeks.
6. AVOID PHYSICAL EXERCISE for 4 weeks.
7. AVOID turning your head to either side as this will pull on the stitch lines. To turn, move your head and shoulders as a unit.
8. DO NOT SMOKE AND AVOID ALCOHOL CONSUMPTION for 6 weeks after surgery. Both of these activities can significantly slow the healing process.
9. REPORT ANY SUDDEN SWELLING OR INCREASED DISCOLORATION to your doctor immediately.
10. SLEEP IN AN UPRIGHT POSITION (preferably on your back) by elevating the head of the bed and using extra pillows for at least 1 week following surgery.
11. AVOID STRAINING IN THE BATHROOM. If you need a laxative, we recommend Docusate (your pharmacist will give it to you without a prescription). Proper diet, plenty of water and walking are strongly recommended to avoid constipation.

Nausea rarely occurs following your surgery; however, if you should experience nausea, please call us immediately. An anti-nausea medication can be prescribed, and although this will provide relief for the nausea, it may cause you to feel drowsy and dizzy.

Frozen Pea Packs:

Frozen peas (from your grocer), placed in a Ziploc bag provide the simplest and most effective cold compresses to reduce swelling, discoloration and discomfort following surgery. During your waking hours, apply the pea packs to your cheeks, but do not place them directly on your nose. Place them for 20-30 min at a time, as often as possible for the first 48 hours following surgery, You may continue to use the pea packs as much as you like for up to 7 days after surgery. This helps reduce the swelling and discoloration of your skin.

Pain:

As mentioned above, there is some, but little, if any pain associated with your surgery.

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You may experience a dull ach and tightness in your face and nose, but it is very unusual to have significant, sharp pain. If cold compresses do not provide sufficient relief from the discomfort associated with your facelift, take extra strength Tylenol according to package directions. Under no circumstances should ASPIRIN, MOTRIN, ALEVE, ETC. and/or any medications containing aspirin or salicylates be taken. If you are not sufficiently relieved of pain, try alternating doses of extra strength Tylenol and the pain medication prescribed by your doctor. The tip of the nose sometimes will feel numb after rhinoplasty and occasionally the front teeth will feel deferent. These feelings will gradually improve and resolve within 1-2 weeks. If you have increasing pain or any “burning” of the eyelids or face, please inform your doctor.

Temperature:

Generally, the body temperature does not rise much above 100 degrees following a surgical procedure. A rise in temperature is an appropriate part of the healing process. You should check your temperature by mouth three times per day. If you have a persistent fever above 101.5 degrees that is not relieved by Tylenol, call our office.

Bleeding:

You will likely have bloody discharge from your nose for about 3-4 days. This is normal, and we recommend that you change the drip pad under your nose as often as you need. Do not rub or blot your nose, this only makes it worse. You should sit up; apply direct pressure by pinching the tip of your nose for 15 minutes, and use Afrin spray to stop the oozing. Bleeding usually stops with these maneuvers. The drip pad under your nose can be remove if the drainage has stopped. If you experience increased bleeding that is bright red blood in nature call Dr. Calva immediately.

Diet:

Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated the following day. If you have persistent nausea stick to a bland diet until it subsides. Avoid foods that can cause a lot of gas. This can cause abdominal distention and undue discomfort and likely nausea. Small frequent meals are best. The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative as needed.

Some suggestions to ease abdominal discomfort or indigestion after surgery:

1. Drink a lot of water- 8 glasses a day!
2. Drink warm liquids (tea or coffee).
3. Prune juice for constipation.
4. If severely constipated use Colace (2 tabs in a.m. and p.m. taken with one glass of warm water), and fleet enemas (regular or oil retention) as a last resort.

Daily wound care:

The inside edges of your nostrils and any stitches must be kept clean by using a Q-tip

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saturated with hydrogen peroxide followed by a thin coating of Mupirocin 2% ointment. Cleansing will help loosen any crusting or debris that forms. After cleansing, a small amount Mupirocin 2% ointment should be applied to the suture lines. Ointment should be applied at least 3 times per day, all along the incisions both outside and inside your nostrils. You are to advance the Q-tip into the nose as far as the entire cotton tip, but no further. Be gentle and you will not hurt any structures. Keep the nasal splint clean at all times.

Resuming Activities:

1. **WEARING GLASSES AND CONTACT LENSES.** Eyeglasses may be worn 4 weeks after surgery. Contact lenses should be worn until your doctor informs you that it is safe to use your eyeglasses.
2. **PERSONAL GROOMING.** In order to improve and speed wound healing, we recommend the following:
 - You may **SHOWER AND WASH YOUR HAIR** with Neutrogena shampoo on the second day after surgery, but must be done “salon style” and avoid getting your nasal splint wet.
 - To prevent bleeding or distortion of your nose, **DO NOT** sniff or blow your nose for 4 weeks after surgery. If you have to sneeze, sneeze with your mouth open.
 - You may use a **BLOW DRYER** on cold setting only.
 - You may have your **HAIR WASHED AT A SALON** one week after your surgery, but do not sit under a hair dryer. Use a hand-held blow dryer on cold setting.
 - **FACE MAKEUP** may be used once sutures and the nasal splint are removed which is 5-7 days after surgery. Avoid the suture lines once the sutures are removed for another week.
3. **HOUSEHOLD ACTIVITIES.** On your second postoperative day, you are encouraged to be up and around the house with your usual activities except those specifically outlined previously (no bending, no heavy lifting, etc). No strenuous activity.
4. **PULLOVER CLOTHING.** For 4 weeks following surgery, you should wear clothing that fastens either in the front or back rather than the type that must be pulled over the head. This is to avoid disrupting the incisions and framework of our nose.
5. **AVOID EXERCISE** for 4 weeks following surgery.
6. **AVOID EXPOSURE TO SUNLIGHT.** Following surgery for an entire year, prevent sun exposure to your nose. The use of sun block and hats are recommended.
7. **RETURNING TO WORK AND RESUMING SOCIAL ACTIVITIES.** When you return to work depends on the amount of physical activity and public contact your job involves and also the amount of swelling and discoloration you develop; the average person is ready to return to work or go out socially in 5-7 days following surgery, which is when the external nasal splint is removed.

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Nasal Splint:

The nasal splint will be removed in 5-7 days after surgery. After the nasal splint is removed, the nose can be washed gently (minimal pressure) with Neutrogena soap and make-up can be applied, but avoid the incisions for another week. After your nasal splint and sutures are removed use a saline solution (salt water such as over the counter Ocean or Ayr Nasal Spray) two squirts on each nostril, 4-5 times per day, to help remove crusty formation from inside your nose.

Scars:

During the first several days following surgery, the scars will be imperceptible. They then go through a period of slight swelling and reddening, especially at the outer corners. As this subsides, the scars become virtually invisible again. This is the normal maturity process of scars. Any unevenness of the edges of the incisions or lumpiness of the scars is usually temporary and will subside with the passage of time.

Your postoperative office visit:

You will be seen at our office for suture and nasal splint removal at your first postoperative visit, generally 5-7 days AFTER YOUR SURGERY. Following suture removal, you will generally be asked to return to the office for follow-up evaluation at 3 weeks, 3 months, 6 months, and 1 year after surgery to make sure everything progresses smoothly. Please arrange your schedule to accommodate these appointments, which we urge you to make immediately following surgery.

Summary:

- Do not be discouraged by swelling and discoloration. These conditions are a normal part of your procedure and will subside within 2 weeks.
- Call Dr. Calva if you experience:
 - Sudden swelling or increased discoloration.
 - Bright red blood per nostrils that requires changing the nasal drip pad every 30 min.
 - Increase in facial or nasal pain or any “burning” of the eyelids
 - Any progressive or one-sided decrease in vision.
 - Persistent temperature above 101.5 degrees that is not relieved by Tylenol.

Your recovery and ultimate result is very important to us. Please read this handout carefully and keep it readily accessible as a reference after your surgery.

If you have ANY questions or problems not addressed in this handout, please do not hesitate to contact us at our office at (305) 203-3938 during the day, after normal business hours or on weekends. Dr. Daniel Calva’s cell phone is (305) 814-9582.