



HOBGOOD FACIAL PLASTIC SURGERY

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Nasal Surgery Instructions

YOU WILL NEED TO PURCHASE: 4X4" GAUZE PADS, MEDICAL TAPE, Q-TIPS, HYDROGEN PEROXIDE, ANTIBIOTIC OINTMENT (POLYSPORIN/BACITRACIN), OCEAN® SALINE NASAL SPRAY, PRESCRIPTIONS.

Evening Before Surgery

1. **NOTHING TO EAT, DRINK (including water), OR SMOKE AT LEAST EIGHT (8) HOURS PRIOR TO SURGERY.**
2. Take medications as prescribed/directed.

Morning of Surgery

1. Shower/bathe (if not done so the night before surgery), wash face thoroughly ensuring *ALL makeup* is removed.
2. Take medications as prescribed/directed.

After Surgery

1. Rest quietly with head elevated above heart-level for at least three to seven (3-7) days.
2. Apply cold compresses frequently avoiding pressure on your nasal cast for the first 72 hours. Frozen peas in a plastic bag with a thin washcloth or gauze pad between the plastic and your skin works nicely.
3. Take your pain medication as directed. If you have minimal pain, you may take Extra Strength Tylenol. If you have no pain, do not take the prescription pain medicine.
4. **DO NOT bend, strain, or do any heavy lifting or strenuous activities for several days.** Try to avoid situations that cause your blood pressure to rise as this could cause bleeding.
5. You may have watery, bloody discharge for approximately two to four (2-4) days. Do not rub or blot your nose.
6. Change the drip pad under your nose as often as necessary. Use gauze pads folded in half, then fold in half again and gently place under your nostrils. Use tape under the drip pad to gently secure to the sides of your nose.
7. **DO NOT sniff or blow your nose for two (2) weeks.** If you need to sneeze, try to direct it out of your mouth.
8. Using a Q-tip, apply hydrogen peroxide followed by Bacitracin or Polysporin ointment under the nose and around the nostrils three (3) times daily. **DO NOT advance Q-tip into the nose.**
9. Ocean® Nasal Saline Spray may be used to keep airway from crusting and to help decrease congestion. Use two (2) sprays gently into each nostril up to 10-15 times daily.

Other Instructions

1. You will have brown tape across your nose and tip of your nose for the first week after surgery. **Do not remove.** You may also have a white cast. Do not be alarmed if these should fall off on their own. You may reapply using tape or you may leave the cast off at that time.
2. Packing is rarely used unless bleeding is unusually heavy. This will be removed in-office 24-48 hours after your surgery. **DO NOT remove on your own.**
3. Your eyes and cheeks may be bruised and swollen; the whites of your eyes may be bloodshot. Your upper lip may feel stiff, and the tip of your nose may be numb. **Be cautious with hot food & liquids.** Most bruising resolves within two (2) weeks.
4. Your nose will feel plugged and you will feel as though you have a head cold. Swelling usually increases up to 48 hours after surgery; the majority of it will decrease over the next 72 hours. The use of alcohol and/or tobacco will prolong swelling/healing and should be avoided.
5. **DO NOT** engage in any strenuous activity such as heavy lifting, bending over or straining for two (2) weeks.
6. **DO NOT** submerge your head under water for at least ten (10) days. Showers are OK.
7. **DO NOT** allow glasses to rest on your nose for several weeks. Glasses should be taped to the forehead if they ride down on your nose. Contact lenses may be worn as soon as the swelling has decreased enough to allow insertion.

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8. **DO NOT** do anything for six (6) weeks that could result in a blow to your nose.
9. **DO NOT** travel by airplane for ten (10) days after surgery.
10. **DO NOT** expose your nose to the sun for four to six (4-6) weeks. Use a broad-spectrum sunscreen (both UVA & UVB protection) with an SPF of at least 20 for six (6) months after your surgery if sun exposure is unavoidable.

General Information

1. After surgery, your eyes will be swollen and bruised. Do not let this alarm/worry you. It is a normal part of the healing process and will gradually disappear.
2. When the cast is removed, your nose will appear swollen. The majority of your swelling will diminish over the next few weeks, however, minor changes of the nose as a result of healing will occur over the next year. For this reason, a check-up is advisable six to twelve (6-12) months after surgery.
3. The inside of your nose will also be swollen. The resultant nasal blockage will decrease with time.
4. If there is any excessive pain, excessive bleeding, injury to your nose or body temperature greater than 101° F, call the office immediately at 480-214-9955.

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.