

Todd C Hobgood Facial Plastic Surgery

NASAL SURGERY INSTRUCTIONS

You will need to purchase: 4" x 4" gauze pads, medical tape, Q-tips, Hydrogen Peroxide, a tube of antibiotic ointment (Bacitracin or Polysporin), Ocean nasal spray, and prescriptions.

Evening Before Surgery:

1. **NOTHING** to eat, to drink, or smoke after midnight.
2. Shampoo your hair and wash your face thoroughly. Remove **ALL** makeup.
3. Take medications as directed.

Morning of Surgery:

1. Shampoo your hair (if have not done so the night before), and wash your face thoroughly. Dry hair and be sure **ALL** make-up is removed.

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, take Tylenol or Extra Strength Tylenol.
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 again and place gently under nostrils. Use tape under drip pad and gently secure to sides of 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 a day. **DO NOT** advance Q-Tip into the nose.
9. Ocean nasal spray (saline nasal spray) may be used to keep airway from crusting and to help to decrease congestion. Use two (2) sprays gently into each nostril up to 10-15 times per day.

Other Instructions:

1. You will have brown tape across nose and tip of nose for the first week after surgery. Do not remove. You may have a white cast also. Do not be alarmed if the cast should fall off. You may reapply using tape, or you may leave it off at that time.
2. Packing is rarely used unless the bleeding is unusual. This will be removed in the office 24-48 hours after surgery. **DO NOT** remove.

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3. Your eyes and cheeks may be bruised and swollen; the whites of your eyes may be blood shot. Your upper lip may feel stiff, and the tip of your nose may be numb. Be cautious with hot foods and 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 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 ten (10) days. Showers are fine.
7. **DO NOT** do anything for six (6) weeks that could result in a blow to your nose.
8. **DO NOT** allow glasses to rest on your nose for several weeks (ask Dr. Hobgood). 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.
9. **DO NOT** travel by airplane for seven to ten (7-10) days after surgery.
10. **DO NOT** expose your nose to the sun for four to six (4-6) weeks. Use a #20 sunscreen for six (6) months after surgery if sun exposure is unavoidable.

General Information:

1. After surgery, you will be swollen and bruised. Do not let this alarm or 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, call the office.

Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.