

CHAD PURNELL M.D.

CRANIOFACIAL AND PLASTIC SURGERY

Pre-and postoperative care instructions Rhinoplasty (nose surgery)

Before the Operation:

- Follow the instructions given to you by our scheduler regarding eating and drinking. Try as much as possible to show up early.

Hospital Stay: Rhinoplasty is typically an outpatient procedure.

After the Operation:

- Incision care:
 - **For incisions on the nose:** apply bacitracin ointment to the incision 3 times a day for the first 2 weeks. You can also use a Q-tip to apply a small amount of ointment to the incisions inside the nostrils. The majority of incisions are closed with absorbable sutures and these do not need to be removed. If there are permanent sutures, these will be removed 1 week after the operation.
 - **For incisions on the ear or chest (rib)** – There will be skin glue on your incision. Do not apply any ointments to the skin glue.
 - **Dressing:** You will have a plastic splint on your nose immediately after surgery. This will be taped into place. If the splint starts to come off, we will provide you with additional tapes to keep it stuck down. This should be worn for 2 weeks after the operation. **The splint cannot get wet.**
- Pain Control: For the first 2-3 days, it is usually easier to **schedule** non-opioid pain medications rather than waiting to see if you need them.
 - **For the first 24 hours, do not take ibuprofen or naproxen (Advil or Aleve).** Tylenol is ok to take. After the first 24 hours, you can take acetaminophen every 6 hours and ibuprofen (Motrin) every 6 hours, so you will get a medication every 3 hours. If this is not relieving the pain, you may add a dose of oxycodone.
 - The vast majority of patients only require opioid medication for the first 1-2 days after blepharoplasty, or even not at all. **Opioid medications can result in you being more sleepy, eating and drinking poorly, and can cause constipation.** They should only be used if necessary.
- Other Medications: You can use saline nasal spray to keep your nose clean after surgery. It is important not to scratch your nose or pick at it if it itches.

- Diet: You should eat a bland diet for the first day after surgery in case you get nauseated. After the first night you should be able to back to eating normally.
- Activity: **Sleep with your head elevated for the first 2 weeks. This will significantly decrease swelling and pain.** Do not lift anything heavier than a gallon of milk for 2 weeks. Do not exercise for 2 weeks. After 2 weeks, you can slowly begin to increase your activity level. Do not go back to high-energy exercise for 8 weeks. **Do not blow your nose after surgery for 2 weeks and keep your mouth open if you have to sneeze.**
 - o Bathing: You may bathe with soap and water. This can be done as early as the day after the operation. **Do not get the nasal splint wet.**
- Follow-up appointments: Patients are typically seen 1 week and 2 weeks after the operation. If you have internal nasal splints, they are usually removed 1 week after surgery.

Things to let us know about:

- **Call the Office if:**
- You develop a temperature of **over 101 degrees** Fahrenheit (38.3 degrees Celsius) – it is not necessary to check temperatures after surgery unless you feel like something is wrong.
- You have **increasing redness, pain, weeping fluid, or swelling** at their surgical site. Swelling is normal for the first few days after surgery, but if swelling returns we would like to know.
- **If you have any vision problems we want to know immediately.**
- If you have **severe pain that is not controlled by pain medication, pain that is rapidly increasing.**
- **If you are developing shortness of breath**
- **If you have any concerns or questions,** contact us. We are used to receiving questions from parents and can help you decide if something is normal or abnormal after surgery.

Contact Information:

IF YOU ARE SEEN AT UNIVERSITY OF ILLINOIS-CHICAGO:

- Main Hospital: 312-996-7546
- Plastic Surgery office/outpatient nurse: 312-996-9313
- Appointment Scheduling: 312-996-7546
- EMERGENCIES: 911

IF YOU ARE SEEN AT THE ASHLAND MEDICAL INSTITUTE:

- Call 312-521-0367. During the day this will reach our nurse, and will reach the physician on call overnight.