



TOTONCHI
PLASTIC SURGERY

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Care After Rhinoplasty/Septoplasty

This page contains answers to frequently asked questions regarding your care after a rhinoplasty/septoplasty procedure.

What will I see when I look into a mirror?

You may notice considerable swelling and bruising of the nose, forehead, upper eyelids, cheeks, and area beneath the eyes. The swelling and bruising may worsen on the second and third day after surgery and then slowly resolve in approximately 10-14 days. You will have internal stents which are secured in place, and paper tapes on the exterior of your nose with a splint over top. These splinting devices will remain intact for up to 2 weeks. The only dressing you would be changing is the nasal drip pad, which is the piece of gauze under your nose for collection of nasal discharge. You may change this pad as needed. Expect bloody drainage from the nostrils for the next 2-3 days. Do not blow your nose or pick at the crust in your nose. If the external splint loosens or falls off before your scheduled post op follow up appointment, please call the office to have the splint reapplied. Open your mouth to sneeze to relieve excess pressure in the nose.

When can I shower or take a bath?

Do not shower until your nasal splint has been removed, as the steam of the shower can loosen the adhesive holding the splint secure. You may bath and wash your hair with assist, taking care not to hang your head downward, which increases pressure in your nose. Do not get your nasal dressings wet.

What can I do after surgery?

Avoid exertion, straining, bending or lifting for 2 weeks after surgery. We will discuss activity restrictions and limitations at your post op visits. We encourage walking short distances for the first few post-operative days and then progress as tolerated. Elevate your head by sleeping in a recliner or propped up in bed on several pillows for the first 3-5 days after surgery to help minimize bruising, swelling, and discomfort. A room humidifier/vaporizer will assist to keep nasal secretions more liquefied to aid in draining of nasal passages. Do not wear glasses for 6 weeks after surgery. No contact sports for 2 months post-op

What medications should I use?

You will be given a narcotic pain medication to take after surgery. 3 days post op you may take Ibuprofen 600 mg every 6-8 hours for discomfort. Do not drive while you are taking narcotic pain medication as it may cause drowsiness. Do not drink alcohol for 7 days after surgery or while taking narcotic pain medication.

When will I be seen in the office after surgery?

1 week post op, to check on progress and be sure your splint is secure, 2 weeks post op for removal of stents and splints, and at 1 month, 3 months, 6 months and a final check at 1 year, and as needed/requested.]

Can I drink alcohol?

Do not drink alcohol for 2 weeks after your surgery.

When will I be able to return to work?

Depending on the type of work you do, you should be able to return to your job as soon as you are comfortable. If your job does not require heavy activity, you should be able to go back in one – two weeks. Keep in mind you will have nasal splint for up to 2 weeks.

Urgent problems after rhinoplasty surgery do not occur frequently. Listed below are complications that require a change in post-operative and a call to the office:

Sudden increase in pain

Bleeding that is profuse or uncontrolled or a sudden increase in bleeding

Fever greater than 100.4 degrees Fahrenheit (38 degrees Celsius) that does not respond to medication.

Leg swelling (with or without associated pain) may indicate a problem with the vein circulation in your legs. If you have swelling in one or both legs please notify the office immediately.

Breathing Problems after rhinoplasty are rare but can be a serious complication. If you develop any chest pain or shortness of breath, go to the nearest emergency facility and call the office.

Loss of consciousness

Medication reactions may occur with the drugs prescribed to you. If you develop a skin rash, itching, vomiting, diarrhea, or other adverse reactions, please stop taking the medications and call the office.

If you have any questions or concerns, please call my office at 440-461-7999