

NOSE SURGERY

Pre- & Post-Operative Instructions

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The purpose of the instructions within this document is to help you prepare for surgery and to also make your recovery as smooth as possible. It is important that these instructions are adhered to and followed. Your surgeon will discuss the relevant instructions with you at each follow up appointment. If you are unsure of anything please contact us immediately.

PRE-OPERATIVE PREPARATION

DON'Ts:

- ✓ Do not Eat or Drink after 12 midnight on the night before your procedure, unless instructed otherwise by Us.
- ✓ Do not smoke for at least 6 weeks before and 6 weeks after surgery. Although it is better NOT to resume smoking after your surgery.
- ✓ Stop your alcohol intake 2 weeks prior to and 1 week after surgery.
- ✓ Stop intake of multivitamins and supplements at least 2 weeks prior to and 1 week after surgery.
- ✓ Do not Take any Anti-inflammatory medications at least 1 week before and after surgery. These include but not limited to:
-Ibuprofen, Nurofen, Voltarol, Naproxen, Piroxicam, Indocid, Surgam, Froben, Lederfen
- ✓ Do not Take any Anticoagulants (medications to thin your blood) containing Aspirin/salicylates or any cold or Flu medication e.g. Lemsip etc for at least 1 week before and after surgery.
- ✓ Avoid eating Garlic or foods containing Garlic, 1 week before and after surgery, as this will increase the risk for bleeding.
- ✓ Do not wear any contact lenses, and eye or face makeup on the day of surgery.
- ✓ NO Sun Holidays should be planned for until 4-6 weeks post-op.

DO's:

- ✓ If you wear glasses, try to use contact lenses for at least during the first 3 months after your surgery.
- ✓ Take any regular medication previously approved by your surgeon, prior to, and up to, the day of surgery-

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check with Us, if you are not sure.

- ✓ Shower or bath on the morning or evening prior to surgery, cleansing your entire body.
- ✓ Remove any contact lenses, nail polish, jewellery, and all makeup whilst at home.
- ✓ Wear comfortable, front opening and loose clothing to the hospital.
- ✓ Arrange for someone to stay with you during the first 3 days following surgery, as you may find it difficult to move around.
- ✓ If you will be on your own (not recommended), you should shop for food such as prepared meals, fruits and such in advance. You can also cook a few meals ahead of time and freeze portions.
- ✓ Purchase Micropore ½ inches surgical tape (paper version), you will be needing these after the splint has been removed.
- ✓ You will receive Antibiotics and Pain Medication before your discharge from the hospital, However, if you prefer, you may also purchase Paracetamol and have that at hand, for when you run out of the pain medication received from the hospital. It is important that you take your antibiotics and pain medication as prescribed, and not overdose. *If in doubt, contact Us.*

COMMON POST-OPERATIVE SYMPTOMS

Typical symptoms following Nose Surgery, and what symptoms to watch out for:

- **Oozing** is possible after the nose packs are removed, dab this with a soft tissue.
- **Nose Bleeds** are possible following surgery. If this occurs, tilt your head up and put gentle pressure on your nostril on the side that is bleeding, with one finger.
- **Bruising** is usually worse within 24hrs; however, you may apply ice compresses to the eyelids to control bruising.
- **Nausea and Dizziness** are common, especially during the first 3 days following surgery. If it continues, call our clinic for advice.

UNCOMMON / RARE POST-OPERATIVE SYMPTOMS

CONTACT OUR CLINIC IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- High fever, severe nausea and vomiting, continued dizziness, or incoherent behaviour, such as hallucinations.
- Consistent sharp pain or any pain that cannot be controlled with your pain medication.
- Bright red skin that is hot to the touch in the surgical area.
- Excessive Oozing of blood and fluid from the nose (some oozing of blood and fluid is normal; you should press the area gently and lift head up for 5-10mins)

We encourage you to call us with any questions or concerns you may have.

During 9am to 6pm, Saturday to Thursday, you may reach us on (+971) 44312396.

In case of emergency during out of office hours, you may reach us on our 24/7 Nurse Support Line at (+971) 528928353.

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FOLLOWING DISCHARGE FROM THE HOSPITAL, UNTIL YOUR FIRST POST-OP APPOINTMENT

You will only be released to the care of a responsible adult, unless otherwise have been agreed with your surgeon in advance. All of these instructions must be clear to the adult who will monitor your health and support you, around the clock in your first days at home from the hospital.

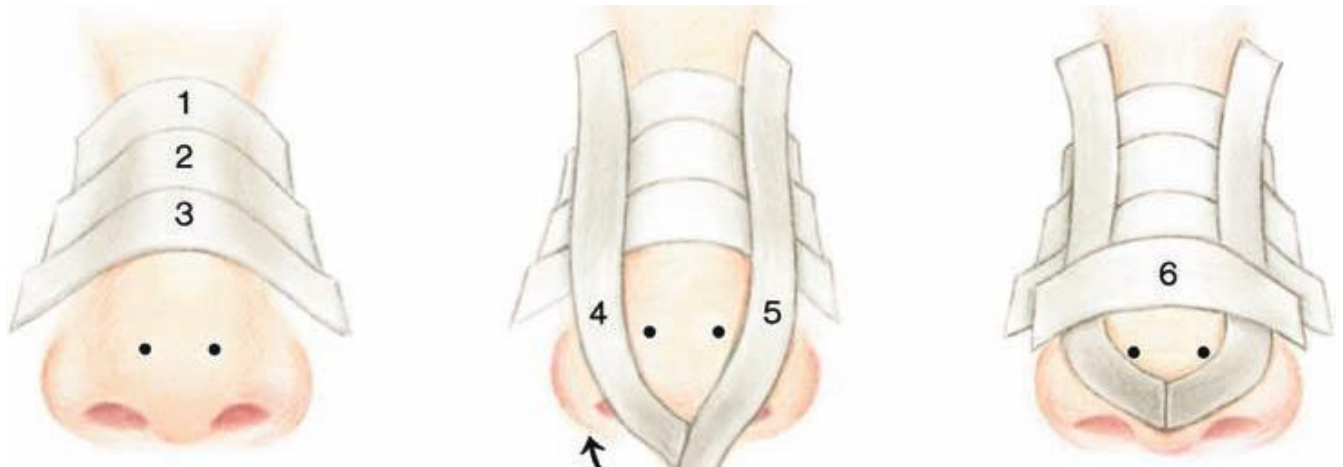
- ❖ **We will call you every day**, to see how you are doing, until your first post-op appointment.
- ❖ **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 15 minutes every few hours engaged in *light walking indoors* as you recover.
- ❖ **Relax.** Do not engage in any stressful activities. Do not do things that will increase your blood pressure.
- ❖ **Keep your head elevated when resting**, by using two or more pillows under your head. This will help reduce the initial swelling.
- ❖ **Monitor post-surgical symptoms and be alert to possible complications.** These are defined, along with the actions you should take, on page 2 of this document.
- ❖ **Fluids are critical following surgery.** Stick to non-carbonated, non-alcoholic, caffeine-free, and green tea- free beverages including fruit juices and water, milk, and yogurt drinks. You must consume at least 1 glass (about 250ml) of fluid every 2 hours.
- ❖ **Good nutrition is important during recovery.** Stick with soft, bland, nutritious diet for the first 24 hours. Constipation and bloating are common after surgery. This can be improved by increasing fluid intake, reducing salt intake and eating foods such as bananas and bran products. Having a stool softener, such as Duphalac Syrup, at home may also help alleviate constipation. Taking prescription pain medicine with food, such as a few crackers or applesauce, will help to reduce any nausea you may experience with the medication.
- ❖ **Take all medication, exactly as prescribed.** Complete all antibiotics unless told otherwise by your surgeon.
- ❖ **Keep incisions clean and dry.** Tapes and Splint should be left in place until you visit our clinic for your 1st follow up appointment, 7-12 days after surgery, or until we remove them. You may wash your face gently without getting the splint wet.
- ❖ **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery, resulting in more noticeable scars. You must not smoke at least 6 weeks after your surgery, and your caregiver must not smoke anywhere near you.
- ❖ **You may apply a cool, not cold, compress to affected sites to alleviate discomfort, swelling or bruising.** Wrap crushed ice or ice packs in a towel before applying to skin. DO NOT apply ice or anything

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frozen directly to the skin. Cool compresses should be applied for no longer than 20-minute intervals. **DO NOT** apply heat to affected areas as this will only worsen swelling.

- ❖ **Glasses/Contact Lenses.** Contact lenses may be used after a few days. **DO NOT** glasses for up to 12 weeks post-op.
- ❖ **DO NOT drive until after your first post-operative appointment.** Driving can normally be resumed once the splint is removed.
- ❖ **DO NOT BLOW** your nose, especially during the first month, and if you need to sneeze, try to sneeze through your mouth.
- ❖ **Your First Post-op Visit will be around 7-12 days after surgery.** At this time, splint and stitches will be removed and your initial healing will be assessed.
- ❖ **Taping** your nose with Micropore paper tape, is very important following the removal of your splint, it will help to reduce swelling and prevent internal tissue/scar build-up. We will teach you the correct way of taping, at your first follow up appointment. Here is the taping diagram for your reference:



FOLLOWING YOUR FIRST POST-OP APPOINTMENT, UNTIL YOUR 4-6 WEEKS' POST-OP APPOINTMENT

You will continue to heal and you will feel better day after day. It is important to ease into your daily activities. You will receive clearance to begin driving or return to work at your first post-op visit. It is important to follow the instructions given and if in doubt about anything, **ALWAYS contact us and NOT search online.**

- ❖ **Easing into your Normal Daily Activities.** You should now start gently, easing into your daily routines, however, still **NO** heavy lifting, exercise, or strenuous activity.
- ❖ **Avoid spicy foods and alcohol.**

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- ❖ **Do not Blow your Nose.** It is still too early to start blowing your nose. If you need to sneeze, try to sneeze through your mouth.
- ❖ **Cleaning inside Nostrils.** We will clean your nostrils at your first visit, unless absolutely necessary, avoid touching inside your nose as there are internal incisions which should be left to heal at their own pace. You may GENTLY clean the outer internal edges of your nostrils with cotton buds soaked in distilled water. Advice will be given on nasal irrigation.
- ❖ **Practice good sun protection.** Do not expose your scars to direct sunlight for up to ONE year. When outdoors, apply at least SPF 50 to your face and nose. Avoid direct sun exposure to your face by wearing a hat. During your healing process, your nose area is sensitive and direct sun exposure may cause, inflammation of tissue and your scar to remain/or become red and thick
- ❖ **Glasses/Contact Lenses.** No glasses should be worn up to 12 weeks post-op. it is fine to use contact lenses.
- ❖ **Bath / Shower.** It is fine to take a bath. However, when taking a shower, avoid having the water running directly onto your nose/face.
- ❖ **Continue Taping as Instructed.** Or until you come for your next follow up appointment.
- ❖ **Moisturise Your Nose and Face Regularly,** as your skin may feel dry and become itchy following surgery.
- ❖ **Walking But No Bending, Sports, or Strenuous/Aerobic Activities.** Walking is good but strenuous activities, sports, and movements such as bending your head down should be avoided.
- ❖ **Do Not Smoke.** Smoking deprives your body of necessary oxygen and nutrients which may result in poor healing and complications.
- ❖ **Sleeping Position.** You should absolutely NOT sleep on your stomach. You should also avoid sleeping on your side as you may accidentally put pressure on your nose.
- ❖ **No Holiday** should be booked for during the first 4-6 weeks following your surgery. Avoid direct sun or heat exposure on your face.

FOLLOWING YOUR 4-6 WEEKS' POST-OP APPOINTMENT

Your nose will still be swollen, and sometimes, especially in the mornings when you wake up, may even appear bigger than before your surgery, you should be patient as with Rhinoplasty, the results appear gradually and sometimes it may take up to 18 months to reach the final shape and results. It is important to follow these instructions as advised.

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- ❖ **You may ease into your regular fitness routine.** After 6 weeks, you may resume your normal activities including exercise. However, **ball and contact sports should be avoided up to 6 months.**
- ❖ **Discomfort and Bruising.** Most of it should have resolved by now, however, for some patients it may take longer.
- ❖ **Do Not resume smoking,** If you can.
- ❖ **Practice good sun protection.** Do not expose your scars to direct sunlight for up to ONE year. If you are outdoors, or on holiday, apply at least SPF 50 to your face and over your scar while under the sun. During your healing process, your nose area is sensitive and direct sun exposure may cause your scar to remain/or become red and thick
- ❖ **Kenalog (corticosteroid) injection.** It MAY be necessary for you to have Kenalog injected in some areas of your nose, especially if you had bulbous nose to start with, once or few times during the first 12 months, to reduce / prevent tissue formation / scar build-up and also help with excessive swelling.
- ❖ **Your scars will continue to heal.** If they become raised, red or thickened, or appear to widen, contact our clinic. Early intervention is important to achieving well-healed scars.
- ❖ **Continue Taping** at night and whenever at home.
- ❖ **Follow Up** at 3 months' post-op or as advised.

FOLLOWING YOUR 3 MONTHS' POST-OP APPOINTMENT

- ❖ **Continue Taping** at night and whenever at home. **You will be advised when it is fine to stop.**
- ❖ **Gentle Massaging.** From about 6 weeks post-op, you should start gentle massaging of your nose, as instructed at your previous visit, for 5-10 minutes every day. This will help with healing.
- ❖ **Avoid contact and/or ball sports** for another 3, until 6 months after surgery. Remember to avoid any knocks/hits to your nose as it is still healing and may easily break.
- ❖ **Remaining Routine Follow ups** are at 6th months, 9th months and on 18th months.
- ❖ **18 Months' post-op appointment.** In most cases, at this point, the nose would have healed into its final shape. However, sometimes, especially with open rhinoplasty on a bulbous nose, complete healing and final results, may take up to two years. This will be your LAST Routine follow-up appointment you're your surgeon will discharge you.
- ❖ However, you are welcome to contact us at any time or make an appointment to see your surgeon, if you have any questions.

We are always here to Help, feel free to contact us if in doubt, or if you have any questions.

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