

Facial Surgery Center

NASAL RECONSTRUCTION SURGERY POST -OP INSTRUCTIONS

- HEAD ELEVATION:** Lie down with your head and back elevated with two pillows. You must sleep in this position for one to two weeks.
- ICE PACKS:** Place ice packs (Ice in Ziploc bags or use package of frozen peas) placed over eyes for 24 hours. **DO NOT** put pressure on the nose. Use the ice for 30 minutes ON, 30 minutes OFF. **DO NOT** leave ice on longer than 24 hours. Use the ice packs as directed; they will keep swelling and bruising to a minimum. Bruising often lasts for two weeks.
- SUTURE CARE:** Using **Q-** Tips moistened with hydrogen peroxide, clean the suture and nostril area gently. Use vegetable oil inside the nostrils to avoid scabbing and keep airway open. Place antibiotic ointment on sutures after cleaning.
- DRIP DRESSING:** A dressing of gauze was taped under your nose after surgery to absorb drainage from the nose. Replace this as it becomes soiled. You may remove it when your drainage subsides.
- MEDICATION:** Take pain medication as prescribed with food in the stomach. After the first day take pain medications **ONLY IF NEEDED**.
- DIET:** First day of surgery have only clear liquids. Second day you may begin a diet of soft foods at regular meal times. You will need vitamins and minerals to help with healing and we will be glad to give you more information on these.
- GROOMING:** After two to three days you may shower and wash your hair being careful to have all water and soap running away from your face. **DO NOT** get the bandages or splint wet. **DO NOT BEND OVER** to wash your hair.
- SUN:** Protect your nose from sun exposure for **ONE MONTH** after surgery.
- ACTIVITY:** Stay in an upright position as much as possible. You may feel fatigued or dizzy so be certain to get adequate rest. These feelings usually clear up within a few days. **NO SWIMMING, NO GYM, NO strenuous athletic activity** is allowed for about one month. **NO diving, NO water skiing** for two months. **NO CONTACT SPORTS** for four months. You may return to work or school approximately 5-7 days after surgery. Some may return earlier if there is no lifting or bending required.

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