

## GENERAL POST SURGERY INSTRUCTIONS

- A light diet is best following surgery. Begin taking liquids and slowly progress to soups or Jell-O. You may start a regular diet the next day. Never force yourself to take solid foods initially. The most important thing is to keep up with your fluid intake.
- Strenuous activities and exercise are to be avoided for at least two weeks after your surgery. You may gradually resume normal activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Strenuous activity/heavy lifting should be avoided for 4 weeks.
- Please take all medication carefully and as directed. Please follow all instructions that may accompany the medications, such as taking it with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results. If you feel that you are not tolerating a specific medication please notify our office.
- Have someone available to stay with you for the first 24-48 hours after surgery, you will likely be weak and drowsy. You may require assistance getting out of bed to the restroom.
- **DO NOT SMOKE.** This is very important.
- Sometimes small drains are used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. Remove the fluid from the bulb every 6-8 hours and record the amount from each drain separately.
- All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided. Use a sunscreen with an SPF 20 or greater that contains zinc oxide for at least 6 months.
- You may typically resume driving when you are no longer taking narcotic pain medications and feel unrestricted by pain.

## SPECIFIC POST SURGERY INSTRUCTIONS

- Remove the applied dressing tomorrow ☒ You may shower in 48 hours No bathing/soaking
- ☒ Leave dressing in place ☒ No bending/leaning head over ☒ No lifting
- ☒ Keep head elevated at least 45 degrees Empty and Record Drain Output Keep arm elevated
- Avoid raising arms over head Remove bra only to shower ☒ Sit/Stand Slowly
- ☒ Leave steri-strips in place (white tapes) ☒ Apply ice every 2-3 hours ☒ Use gentle/mild soap
- Apply Vaseline every 6-8 hours Breast massage therapy Keep leg elevated
- Wear compression garment at all times ☒ Apply Neosporin 2x/daily ☒ Do NOT remove splint
- Apply ophthalmic ointment as directed ☒ Take prescribed medications Keep incisions dry
- No underwire bras Keep Splint Clean/Dry Change Dressing 2x/day

## WHAT TO EXPECT FOLLOWING SURGERY

- It is normal to continue to swell after the first 24 hours. Swelling reaches its peak at 48-72 hours.
- The tip of the nose will sometimes feel numb after surgery and occasionally the front teeth will feel “funny”. These feelings will gradually disappear.
- Avoid hitting your nose for 4 weeks after surgery. Wear your nasal splint.
- Much of the swelling will be gone in 2-3 weeks after surgery. It often takes approximately 1 year for the last 10% of the swelling to disappear. Your nose may feel stiff and not as flexible when you smile following surgery. This is not noticeable to others, and will gradually return to normal.
- You may experience a dull headache for the first 2 weeks following surgery, this is normal.
- You may need to gently clean your nose/nostrils with half hydrogen peroxide and water with a Q-tip applicator to prevent crusting.
- It is normal to have a bloody nasal discharge for 3-4 days following surgery. Do not rub or blot your nose. Do not sniff or blow your nose for 2 weeks following surgery.
- Afrin nasal spray can be used intermittently for the first 1-2 weeks.

**CALL THE OFFICE IMMEDIATELY IF:**

- You have a sudden onset of pain, fever, redness, bruising, or swelling
- Have an oral temperature greater than 101 degrees
- Have excessive pain at the surgical incisions, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart rate, or rapid breathing rate
- You are concerned about anything