

Rhinoplasty Post Op Instructions

Rest

- ✓ Go home and rest. Elevate head on 3-5 pillows for the first week (to reduce swelling.)
- ✓ When resting, flex calves by pointing toes towards ceiling then towards ground. This will maintain leg circulation reducing the risk of clots in your legs. Do this 10 times per hour.
- ✓ Do not bend over but rather squat down to reduce the risk of bleeding.
- ✓ Have cold food & fluids only on the day of surgery. The following day you can resume a normal diet.

Bleeding

- ✓ Minor bleeding is normal for first 24-48hrs post op.
- ✓ A nasal bolster is used to assist with absorbing the ooze. This is usually removed the day after surgery by Dr Belt.
- ✓ Old dark coloured blood may ooze from your nose at 5-7 days.
- ✓ Heavy or prolonged bleeding contact Dr Belt on the numbers below.

Wound Care

- ✓ Keep the plaster on your nose dry and intact until review by your doctor. Do Not remove the plaster as the doctor will do this at your first appointment.
- ✓ Apply cold packs to your eyes for 7 days to reduce swelling & bruising. Heavy bruising is normal.
- ✓ Temporary numbness of the nose is normal.
- ✓ You will be unable to breathe through your nose for 5-7 days. Packs inside your nostrils will be removed by Dr Belt the day after surgery.
- ✓ Avoid blowing your nose for 6 weeks. Do not suppress sneezing.
- ✓ Avoid wearing glasses or sunglasses for 6 weeks post surgery.

Pain Relief

- ✓ A script will be provided for pain relief - sufficient for one week. If you run out, Panadeine should be adequate.
- ✓ Do not take Aspirin (unless prescribed) as it prolongs bleeding.
- ✓ Contact Dr Belt if pain relief is inadequate.

Infection

- ✓ Please remember to take your antibiotics regularly as prescribed
- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
 - Increased pain, temperature and flu-like symptoms
 - Widespread redness
 - Offensive discharge coming from the wound.

Exercise

- ✓ Avoid strenuous lifting, aerobic exercises and swimming for 4 weeks post operatively.
- ✓ Try gentle exercise i.e slow walking.
- ✓ Do not drive a motor vehicle for 7 - 10 days post op.

Emergency

At any time during office hours my Registered Nurse - Sally, is available to help with any concerns you might have pre & post-operatively. In the uncommon event that you cannot contact Dr Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.

Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic, Level 1, 38 Misterton Street, Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.