

NASAL SURGERY

KU FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY

WHAT TO EXPECT

Expect moderate pain, swelling, and bruising that will peak 72 hours after surgery and then gradually subside over the following 10 days. Your stitches, nasal cast, and/or nasal splints (on the inside of your nose) will be removed in approximately 5 to 10 days after surgery. Keep your nasal cast dry and in place until your clinic follow up visit.



WHAT TO DO



Applying ice as tolerated to both eyes during the first 48 hours will minimize bruising.



Sleep with your chest and head elevated above the level of the heart. Avoid turning on one side.



Avoid smoking as it disrupts blood supply to the tissues and slows recovery.

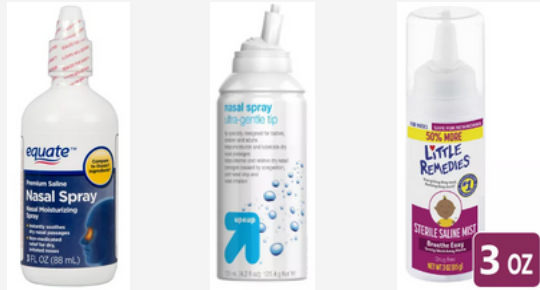
Drink plenty of fluids.



Consider a stool softener to prevent post-op constipation (Colace, Senna).

CLEANING YOUR NOSE

- Expect to have bloody mucus drainage from your nose. Do NOT blow your nose. Sneeze with an open mouth.
- Use saline nasal spray/mist to moisten both nostrils several times a day. Saline mist helps keep the nose moist and prevents build-up of dried blood and mucus.
 - examples of saline nasal spray:



- Keep a thin coat of Vaseline on stitches at all times.

BREATHING

It typically takes two to three weeks before the swelling and inflammation subside enough to provide an open passage for breathing.

ACTIVITY

Avoid strenuous activity, exercise, straining, and lifting greater than 20 lbs for 2 weeks after surgery. Walking during the post-op period is encouraged. Your physician will discuss when to resume all activities during your post-op visit.

MEDICATION

Follow this regimen for pain control.

- Most patients do not need prescription pain medications.
- Take Tylenol 1000 mg every 6 hours and do not exceed 4000 mg in a 24 hour period.
- Take Ibuprofen 400 mg every 6 hours starting the day after surgery.
- Prescription Zofran can be used for nausea.
- You will be given a prescription for pain medication that can be taken with the above regimen, if needed.

WHEN TO CALL

- excessive bleeding from the nose that doesn't stop
- uncontrollable pain
- fever greater than 101 degrees F
- any other concerns

Call 913-588-0101 to speak with a nurse.