



BOULDER PLASTIC SURGERY Prof., L.L.C.

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AFTER YOUR NASAL SURGERY

Returning Home From The Surgical Facility

To achieve the best possible result from your surgery, follow these instructions carefully. If you have questions or problems that are not addressed here, call our office and we'll be happy to help.

1. When you arrive home, make yourself comfortable and relax for the remainder of the day. Feel free to move around, but avoid any heavy exertion for 4-6 weeks. You'll feel tired and sore, and will sleep intermittently. Your energy levels will gradually return. Take several rest periods during the day to "recharge".
2. If your stomach feels fine, progress to foods, as you desire. If you are at all nauseated, do not eat solid foods, just drink small amounts of clear liquids, until the nausea passes. If it persists, call us.
3. During the first few days after surgery, take your pain medication as necessary, preferably after eating to avoid nausea. Most patients find narcotic pain medication unnecessary during the day after about 3-5 days, but still helpful at night for 10-14 days.
4. Your sleep cycle may be temporarily altered by surgery/ anesthesia/ drugs. If this persist, let us know.
5. *Ibuprofen (Motrin, Advil, Nuprin) or Tylenol is helpful starting early in the post operative period, and for an additional 7-10 days following discontinuance of oral narcotics to take you through the soreness phase of your recovery. Aspirin should be avoided for 2 weeks before the planned date of your facial surgery.
6. Most of your discomfort occurs in the first 24-48 hours following surgery and will decrease each day thereafter. *You may resume normal activities as tolerated.* Normal activities include caring for yourself and lifting routine objects. Ask if you have any questions.
7. Take medications as directed
8. Eat soft foods or drink liquids for 2-3 days after surgery.
9. Keep head elevated (45 degree angle) in bed or "Lazy Boy" chair for the first week to 10 days following surgery.

10. Bending over or any position which places the head lower than the heart is to be avoided for at least 7 days.
11. Ice cold compresses should be applied to the eyes for the first 48 hours.
12. Do not blow your nose for the first 10 days following surgery.
13. It is normal to have some bleeding for the first 3-4 days after surgery. Change the drip pad as necessary. If there is excessive bleeding, please notify the office as soon as possible.
14. Gently clean nostrils with Q-tips and hydrogen peroxide twice a day to remove dried blood and crusting. Apply a light coating of antibiotic ointment (bacitracin or polysporin). This should be started when packing is removed, or as directed by your doctor.
15. The splint will stay in place for the first 5-7 days if your nasal bones are fractured.
16. You will probably have black eyes following surgery for 7-14 days.
17. Swelling will persist for 8-12 weeks following surgery – please be patient.
18. Use a humidifier at the bedside for 4-6 weeks following surgery.
19. If you are not given an appointment after you leave the surgical facility, you will need to call the office to schedule one to follow up at 7 days, unless instructed differently.
20. Call the office if you have any further questions or concerns. **(303) 443-2277**
21. Please also review and be familiar with the after your Rhinoplasty/Septoplasty section in the patient information material, as well as the summary sheets supplied with your preoperative packet.

