

THE FIRST GLANCE

After Rhinoplasty (Nose surgery) Surgery

Supplies to have at home:

- Your prescription medications (you may get your Prescription prior to surgery or on the day of Surgery)
- Gravol (oral medication *and* suppositories)
- Stool softener (*ie: Restorolax/Lax-a-Day/Senokot*). *Used to prevent constipation- **start if no BM for 2 days.*
- Non-sterile gauze and medical tape
- Q-tips and hydrogen peroxide
- Otrivin nasal spray
- Polysporin original ointment

Activity

- Rest quietly at home for the first week after surgery. You may get out of bed to go to the bathroom with assistance. - Do not blow your nose or sneeze through it for 10 days. If you need to sneeze, open your mouth to avoid pressure through the nose.
- Avoid excessive physical activities, lifting objects over ten pounds, or bending over. You should sleep with your head elevated. This helps reduce the risk of swelling and minor bleeding, which is not uncommon. Place a couch cushion under the head of your mattress, and sleep with 1 or 2 pillows. You can also sleep in a recliner if available.
- Do not sleep with pets in the bed or smoke for the first week after receiving surgery. Also avoid exposure to second-hand smoke.
- You should be able to return to work 1 to 2 weeks after surgery. Most swelling and bruising will be improved by 2 weeks, but in some patients can take longer. Most normal activities including exercise can usually be resumed within three weeks after surgery
- If your nose begins to bleed copiously, spray Otrivin into the nostril that is bleeding and relax. If the bleeding persists for 5 minutes or you begin to swallow blood, call the office or Dr. Brichacek

Medications

- Take your painkillers as directed as soon as you get home. If possible, take Extra Strength Tylenol instead of stronger pain medications. You may find these do not eliminate your discomfort completely, but you will feel more comfortable.
- Medications/supplements that can thin your blood must be avoided for 10 days after your surgery (the same substances you avoided in the 10 days prior to your procedure).

Dressings/Wound Care

- Typically, a splint will be placed on the bridge of your nose. The splint will protect your nose while you sleep and shield it from accidental bumps. It will be removed by your physician in about 1 week. If present, sutures under your nose will be removed at 5 to 7 days following surgery. Apply polysporin once to twice daily to the incision - Do not get the splint wet until the day of your follow up. On the day of your follow up, allow water to run over the splint in order to make it easier to remove.
- Moderate bleeding from the nose is normal. The gauze dressing beneath your nose will collect the blood and should be changed as needed. Bleeding should decrease over the first 24 hours.
- The incision, nostril, and half an inch inside each nostril may be cleaned with a Q-tip soaked in hydrogen peroxide as needed. This is helpful when crusting or dried blood is present.

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- Bruising around the eyes is most apparent about 3 days after surgery. Most of this will disappear within 2 weeks. Keep a cold washcloth on your eyes as much as possible during the first 48 hours after surgery. Have a bowl of ice water at your side, so that you can keep the cloth cold. Do not place this over the splint.

Recovery

- Keep beverages nearby, especially at night. Your throat may feel dry due to difficulty breathing through your nose for the first several days.
 - You will see an immediate change in the appearance of your nose following surgery, however it will take several months to see the final result. Minor swelling, usually in the nasal tip, may take up to a year to resolve.
 - Your nose may be swollen and stuffy for several months following surgery
 - After the splint is removed, avoid striking or bumping your nose. Be careful not to roll onto it while sleeping for the first four weeks.
 - If possible, avoid wearing glasses for four weeks. Otherwise, glasses must be taped up to the forehead so they do not rest on the bridge of your nose. Contact lenses may be worn the day following surgery.
 - The incision will be more sensitive to the sun for the first year following surgery. If it were to become tanned, it may turn darker than the surrounding area. Protect from the sun for the first four weeks. After the first four weeks apply sunscreen SPF 45 or higher when exposed to sun for one year
- Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.
- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
 - Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
 - Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
 - Unexplained sudden onset of shortness of breath
 - Rapid pulse or heart palpitations
 - Severe pain in leg that does not resolve and/or swelling of leg
 - Changes in skin colour of an extremity, such as turning pale, red or blue
 - Dizziness that does not resolve, or fainting
 - Coughing up blood / Bloody diarrhea

Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

After Hour Care

If there is a concern about your surgery or your healing please call The First Glance Clinic at 204-885-1419.

Evenings and Weekends or in case of emergency please call Dr. Brichacek at 204-898-9933