

Rhinoplasty Surgery

Post-operative Instructions:

1. The plaster and dressing on the nose is there to stabilize the nasal bones and should be maintained for one week if possible. Avoid getting the plaster wet.
2. Avoid nose-blowing for one week following surgery until reviewed by Mr Walsh in the rooms. Do not fly for 2 weeks.
3. Sneeze with the mouth open.
4. Use a sinus rinse such as FESS spray (available over the counter in pharmacies) four times a day at least. Some blood-stained material is to be expected from the nose.
5. If antibiotics are prescribed following surgery, please complete the course unless side effects are noted, in which case cease and contact Mr Walsh.
6. Please use a light smear of Chlorsig ointment twice daily over the suture line across the middle of the nose if present.
7. Avoid heavy lifting or physical activity for 2 weeks

What to Expect:

1. A small amount of bloodstained nasal discharge is normal and may persist for up to a week.
2. The nose will continue to feel blocked until all the swelling of the nasal lining resolves – often taking as much as six weeks.
3. Mild facial pain or headache is normal and best treated with over-the-counter Paracetamol or Ibuprofen.

Contact the rooms or Mr Walsh if:

1. There is a sudden flow of fresh blood from the nose.
2. Worsening pain, not controlled by over-the counter pain relief.
3. Any reactions to prescribed medications.
4. Redness, pain or swelling of the eyes, nose or face.
5. Trauma resulting in a change of shape to the nose.