



## **Nasal Surgery Post-Op Information**

- Following surgery, your nose will probably be more blocked than before surgery. This is due to swelling of the lining of your nose and blood clot formation, and this generally improves after 1-2 weeks. Swelling and bruising of your eyelids can also occur following rhinoplasty.
- Avoid blowing your nose for one week after surgery. You may gently sniff to clear mucous from your nose, or lightly dab your nose with a tissue. Sneeze with an open mouth.
- If there is a more constant ooze of blood or mucous from your nose, you can tape a piece of rolled-up gauze under your nose to catch the drips.
- A saline rinse may be recommended and this can help clear the mucous and blood clot from your nose. This can commence 2 days after surgery and should be done at least 3 times a day. It is easiest to do this with a 'Sinus Rinse Bottle' which you may have been given after surgery, or can be purchased from most pharmacies. There are pre-made sachets available, or the salt solution can be mixed up yourself. See the separate link for instructions on using a sinus rinse bottle.
- There is often little pain after nasal surgery. However in the first week it is recommended you take:

**Paracetamol 2 tablets 4-6 hourly as needed (max 4g per day)**

**Celebrex 2 tablets morning and night**

**Tramadol or Codeine may have also been prescribed to take if needed**

- You may have also been prescribed antibiotic ointment to assist with healing. This is placed around the sutures at the base of the nose 3 times a day.
- Avoid doing heavy lifting or strenuous exercise for 3 weeks after surgery as there is a risk of bleeding over this time as the nose heals. Light exercise is fine after 1 week.
- After surgery continue to mobilise to prevent Deep Vein Thrombosis (DVT). If pain or swelling develops in your calf or behind the knee, or if you develop shortness of breath please seek urgent medical advice.

***If there are any questions or concerns please contact us***