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PATIENT INSTRUCTIONS FOLLOWING NASAL PLASTIC SURGERY

A. INTRODUCTION

Please read and familiarize yourself with these instructions both BEFORE and AFTER surgery. By following them carefully you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with me and discuss your questions at any time. Take this list to the hospital with you and begin observing these directions on the day of surgery.

B. INSTRUCTIONS

1. Do not blow nose until instructed. Wipe or dab nose gently with Kleenex if necessary.
2. Change dressing under nose (if present) as needed.
3. The nasal cast will remain in place for approximately one week and will be removed in the office. Do NOT disturb it; keep it dry.
4. Avoid food that requires prolonged chewing. Otherwise your diet has no restrictions.
5. Avoid extreme physical activity. Obtain more rest than you usually get and avoid exertion, including athletic activities and intercourse.
6. Brush teeth gently with a soft toothbrush only. Avoid manipulation of upper lip to keep nose at rest.
7. Avoid excess or prolonged telephone conversations and social activities for at least 10-14 days.
8. You may wash your face – carefully avoiding the dressing. Take tub baths until the dressings are removed.
9. Avoid smiling, grinning, and excess facial movements for one week.
10. Do not wash hair for one week unless you have someone do it for you. DO NOT GET NASAL DRESSINGS WET.



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11. Wear clothing that fastens in the front or back for one week. Avoid slipover sweaters, T-shirts and turtlenecks.
12. Absolutely avoid sun or sun lamps for 6 weeks after surgery. Heat may cause the nose to swell.
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13. Don't swim for one month, since injuries are common during swimming.
14. Don't be concerned if, following removal of the dressing, the nose, eyes, and upper lip show some swelling and discoloration – this usually clears in 2-3 weeks. In certain patients it may require 6 months for all swelling to completely subside.
15. Take only medications prescribed by your doctor(s).
16. Do not wear regular glasses which rest on the bridge of the nose for at least 4 weeks. We will instruct you in the method of taping the glasses to your forehead to avoid pressure on the nose.
17. Contact lenses may be worn within 2-3 days after surgery.
18. After the doctor removes your nasal cast, the skin of the nose may be cleaned gently with a mild soap or Vaseline Intensive Care lotion. BE GENTLE. Makeup may be used as soon as bandages are removed. To cover discoloration, you may use “ERASE” by Max Factor, “COVER AWAY” by Adrien Arpel, or “ON YOUR MARK” by Kenneth.
19. If you find a suture in your nose **DO NOT** remove it.
20. DON'T TAKE CHANCES! If you are concerned about anything you consider significant, call me at (985) 845-2677 or after hours at (985) 690-4245.