



BEFORE YOUR SURGERY

- Arrange for a caregiver (18 years or older) who can take you home and be with you 24 hours post-op.
- Arrange for childcare, if needed.
- Our office will contact you the business day before your surgery with your scheduled time.
- In case of scheduling changes, be available and have your phone on you day of surgery for any updates.

SHOWERING AND AFTERCARE

You can shower 24 hours after your surgery. For incision care, use a cotton swab and equal parts hydrogen peroxide and water around any crusted edges of your nose. After cleansing, you may apply Bacitracin to incision lines.

SLEEP

Sleep on your back, elevated to at least a 30 to 45-degree angle until your doctor advises otherwise (typically 7 to 10 days). Avoid sleeping on your stomach or sides.

SPLINTING/SUTURES

Your nose will have a drip gauze (loose gauze below your nose to prevent dripping) and you can change this as needed for comfort. You will be instructed to remove your own packing sometime within the first 24 to 48 hours after surgery. Between 5 to 7 days after your packing is removed, the splint on top of your nose will be removed in our office. Some of your sutures are dissolvable, others will be removed in 5 to 7 days.

UNEXPECTED THINGS THAT ARE NORMAL

After your splints are removed, you may notice your nose begin to swell again. Bruising and swelling of your nose and under your eyes are also common.

REMEMBER

- Do not blow your nose until instructed by your doctor.
- No bending or pushing or pulling greater than 10 pounds until directed by your doctor to increase activity.

FUN FACT

Drinking pineapple juice and applying arnica can help with bruising and swelling.

If you have immediate concerns, please call the office at 757.873.3500.