

## Post Operative Instructions Following Nasal and/or Sinus Surgery, Cosmetic Rhinoplasty (Nose-Job).

- 1. Hospitalisation.** Usually you will be admitted to hospital the morning of the operation, and go home the next morning. Mr. Kleid will try to call your “next-of-kin”, as soon as the operation is over.
- 2. Nasal Packing** is almost never used by me, unless there is bleeding.
- 3. Nasal Discharge** It is common to have a discharge of mucus, and blood, for the first weeks. The gauze dressing under the nose is to be worn for your comfort, while the nose is running. Remove it for meals and change it when it is wet. Once the discharge lessens, the gauze does not need to be worn. The nose can be blown and wiped. It is OK to blow your nose. (If a suture dangles from the nose, don’t pull it - it will hurt. Just cut it off level with the nostril).  
Nasal function: The nose will gradually clear, over two to four weeks, and some crusts will come away, as well as some partially dissolved sutures.
- 4. Bleeding** should be reported to Mr. Kleid’s Head Office, or call me on my Beeper 9387-1000.
- 5. Nose Spray, Ointment, & Saline Wash:** These will be supplied on leaving the hospital. Use the spray, followed by the ointment, three times a day for the first week, into each nostril. They make the nose feel more comfortable. (Stop the spray after one week.) Inhaling steam (with Menthol or Vicks Vaporub in a bowl of boiling water) often helps soften crusts, so you can blow them out, making the nose feel more comfortable.
- 6. Saline Douching** of the nose is recommended after sino-nasal surgery, to remove crusts.  
- It makes your nose feel more comfortable. The nurse will give you this to take home from hospital. (Rhinoplasty patients don’t commence douching until after the cast is removed, at 1 week.) Use it three times a day for the first few weeks, then once-twice daily for another 2 months. Don’t insert the nozzle all the way - just 1-2 centimetres (1/2 inch) is enough - aim for your crown. Do it in the shower until you get the hang of not getting your clothes wet.
- 7. Pain.** Is usually not severe, but there will be discomfort. Take PANADEINE for pain. Definitely NO medications containing ASPIRIN, before or after surgery. Numbness, and even soreness of the top front teeth may occur for a month or two.
- 8. Rhinoplasty (Nose-Job).** Patients will have a Plastic cast on their nose for one week. Keep it dry. If it comes off within the first 3 days please notify the head office. Swelling and bruising of the eyelids usually occurs, and will settle in a week. The nose takes six weeks, at least, to start to settle toward its final shape. Don’t worry about this.
- 9. Appointment.** You will be given an appointment 2 weeks post-op, for the St. Kilda office. Mr. Kleid’s nurse will gently clean out the crusts and scabs from your nose, aiding the breathing. Rhinoplasty patients are seen earlier, at 1 week for cast and tapes removal, and nasal clean-out. After that, continue with the Saline douching, and a Saline spray such as FESS, for comfort.
- 10. Exercise.** Exertion can cause bleeding, so no running, weights, aerobics etc for 14 days. Walking is OK.

**If You Have Any Problems.** Please call the Head Office, my Beeper, or the Eye & Ear Hospital (9929-8666).  
Ask for the Ear Nose and Throat Registrar.