

## Patient Instructions Following Nasal Plastic Surgery

Please read and familiarize yourself with these instructions both before and after your surgery. By following them carefully, you will assist in obtaining the best possible result from your surgery. If you have any questions, do not hesitate to communicate with your doctor in order to discuss your questions at any time.

1. Since you have just undergone a surgical procedure, use good common sense in the first 14 days after surgery in restricting your normal activities, exercise regimens, and any activity requiring heavy lifting or straining.
2. You may be up and walking in your home on the day after your surgery, but some fatigue may persist for 3 to 7 days because of the normal effects of anaesthesia and of the surgical procedure
3. It is acceptable to do some light walking 72 hours after your surgery. Jogging and non-contact exercise should not be resumed until 4 weeks, while strenuous sports will require at least 6 weeks of healing before being safely resumed
4. Do not blow your nose at any time until instructed that you may do so. You may wipe or dab your nose gently with tissue if necessary.
5. You may change the dressing under your nose (if present) until the drainage stops.
6. The external nasal splint will remain in place for **at least** one week, and will be removed by your doctor when ready. **Do not disturb it. Keep it dry.**
7. Avoid foods that required prolonged chewing. Otherwise, your diet has no restrictions.
8. Brush your teeth with a soft toothbrush only. Avoid manipulation of other upper lip to keep your nose at rest.
9. Avoid excessive or prolonged telephone conversations and social activities for at least 10 to 14 days.
10. You may wash your face carefully, avoiding the dressing. Take tub baths until the dressings are removed.
11. Try –as much as possible- to avoid smiling, grinning, and excess facial movements for 1 week.

12. Do not wash your hair for 1 week unless you have someone to do it for you.  
**DO NOT GET THE NASAL DRESSING WET.**
13. Wear clothing that fastens in the front or in the back for 1 week. Avoid slipover sweaters, T-shirts, and turtlenecks.
14. Absolutely avoid sun or sunlamps for 6 weeks after surgery, as heat will cause your nose to swell.
15. Don't be concerned if, following the removal of the dressing, your nose, eyes, and upper lip show some swelling and discoloration. Most of this will clear up in the first 4 to 6 weeks. The result will begin to be evident after 6 months. Complete resolution of the swelling may require 12 to 18 months.
16. You may return to taking your usual medication the day following surgery, unless otherwise instructed. Remember that aspirin containing medication and non-steroidal anti-inflammatory medications, such as ibuprofen, as well as any other blood thinning medication should be avoided for two weeks following surgery. Alcohol, vitamin-E, and cigarette use should be avoided for two weeks after surgery.
17. Do not wear glasses or sunglasses that rest on the bridge of the nose for at least 4 weeks. Contact lenses may be worn within 2 to 3 days.
18. After the doctor removes your nasal splint, the skin of the nose may be cleansed gently with a mild soap or Vaseline Intensive Care Lotion. Be gentle. Makeup may be used to cover skin discoloration as soon as bandages are removed.
19. Finally, it is **very important** for your well-being that you completely follow all the instructions given to you by your doctor, and that we check your progress regularly after surgery. If you have any urgent problems, please contact your doctor immediately.

We greatly appreciate the confidence you have shown us by allowing us to assist you in improving your appearance and health. In addition, you can be assured of our very best efforts in achieving the most satisfactory surgical result possible for your particular anatomy and condition.

- Daniel L Durand MD



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