

## Pediatric Otolaryngology

Matthew T. Brigger, MD, MPH  
Division Chief

Morgan Bliss, MD

Daniela S. Carvalho, MD

Wen Jiang, MD

Shelby Leuin, MD

Anthony E. Magit, MD, FAAP,MPH

Javan Nation, MD

Seth M. Pransky, MD, FAAP

### *Fellow:*

Alex Manteghi, MD

### *Physician Assistant:*

Denise M. Lago, PA-C

### *Main Office:*

3030 Children's Way

Suite 112

San Diego, CA 92123

(858) 309-7701

(858) 966-8038 Fax

### *Regional Offices:*

Encinitas

(760) 944-5545

Escondido

(760) 755-7600

Murrieta

(951) 600-1640

Oceanside

(760)547-1020

[www.RCSSD.org](http://www.RCSSD.org)

Revised 06/24/15

### **Post-Operative Care After Septorhinoplasty**

**Before your procedure, you will need to obtain:** Antibiotic ointment (Bacitracin or Polysporin), Q-tips, ice packs, Nasal Saline Spray

**Two weeks before surgery:** Discontinue all aspirin and aspirin-like products (ibuprofen)

#### **After surgery:**

##### Wound Care:

- Rest with head elevated at a 45 degree angle. Sleep on your back with 2-3 pillows.
- Apply ice packs around eyes and on forehead but not over the nasal cast. Do so for 20 minutes per hour for the first 72 hours.
- Swelling and discoloration will occur around and under the eyes. Blood spots may appear on the white part of the eye. It will get worse for the first 3 days. It will take 6-8 weeks for the majority of the swelling to subside.
- Clean any stitches on the outside of the nose with hydrogen peroxide soaked Q-tips three times a day. Gently clean just inside each nostril and over the stitches with clindamycin gel on a Q-tip. Clean the crusts off so that when you return to the office for your post-op visit, you should have minimal or no crusts or scabs on the stitches or in nostrils.
- Spray nasal saline (Ocean Spray): 2 sprays to each nostril, several times a day, starting 2 days after your surgery. This will keep your nasal passages moist and decrease crusting.
- You can expect some blood-tinged drainage from your nose following nasal surgery. There will be a drip pad under your nose. This drip pad should be changed whenever it gets wet. The pad can be discontinued when the drainage stops.
- You may have nasal septal splints inside your nose. These keep the septum straight while it heals in its new shape.

##### Medications

- Narcotic pain medication will be prescribed. Take it every 4-6 hours if needed. For minimal pain, take Tylenol only.
- DO NOT TAKE any aspirin or ibuprofen.
- Antibiotics will be prescribed. Continue taking until 1 week follow-up appointment.

##### Diet

- Regular diet. Avoid salty or spicy foods

##### Activities

- You may bathe, shower and shampoo your hair 24 hours after surgery, but do not get the cast on your nose wet.

##### Follow-up visit:

- 1 week after surgery
- The stitches, nasal cast, and septal splints will be removed in the clinic
- No hard nose blowing for 2 weeks.
- No strenuous activity, contact sports, or weight lifting for 4 weeks
- The nose should not support eyeglasses for 4 weeks. Eyeglasses may be taped to the forehead. Contact lenses may be worn the day after surgery.
- When you return to work or school depends on the amount of physical activity and public contact your school or work involves. The average person is ready to return to work or school 7-10 days after surgery.
- You will have a second postoperative visit 1 month after surgery

Call the office if you experience:

- Persistent temperature above 103 that is not relieved by Tylenol
- Active, persistent bleeding from the nose
- Purulent discharge from the nose or other signs of infection