

## **Post - Operative Instructions**

### **Expected pain and management**

- During the procedure local anaesthetic was injected which should numb the operative site for 6-8 hours after you procedure.
- Once the local anaesthetic wears off you may begin to feel some discomfort for which you should take
  - Panadol / Panadeine 2 tablets every 4-6 hours for the first 24 hours and continuing as required
  - Anti-inflammatory e.g. Neurofen can be used in addition to panadol/panadiene if required
- For larger procedures you may be discharged with stronger pain relief such as panadiene forte/endone. These medications should be taken according to instruction given by the prescribing doctor and pharmacist.
- If your pain is not controlled with the above measure contact WPRS for advice

### **Wound Care**

- Please keep your dressing and nasal splint dry.
- Please sleep with your head elevated on two pillows to help with swelling.
- Please do not remove your dressing or nasal splint. Removing your nasal splint could adversely affect your outcome.
- Please do not blow or pick your nose for 7 days after your procedure as this may cause nasal bleeding. If nasal bleeding occurs sit upright, place your head slightly forward, ice over your nose and pinch the soft part of nostrils below the bridge of the nose for at 10 minutes. If bleeding continues repeat the process. Contact WPRS if this does not stop the bleeding.
- If your nasal splint falls off, do not be concerned as it will not harm the operative site unless you knock your nose. You should contact WPRS during office hours for advice regarding the splint.
- At 10-14 days after your operation the nasal splint will be removed by the nurse at WPRS.

### **Activity**

- Avoid any strenuous activity after your procedure for 2 weeks.
- You should avoid any contact sport for 6 weeks.
- Your surgeon will let you know when you can return to your normal activities and work.
- Driving is not safe for at least 48 hours after surgery.

If you have any concerns please contact **WPRS** on (03) 5562 5330.

- In hours your call will be answered by a nurse and managed as appropriate.
- After hours you may leave a message or your call will be diverted to the on call Plastic Surgeon.

In the unlikely event you are unable to contact anyone at WPRS then call **St John of God hospital** on (03) 5564 0600.