

## Post- operative Instructions

### Expected pain and management

- During the procedure local anaesthetic was injected which should numb your nose for around 6-8 hours following your 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 or as directed.
  - Anti-inflammatory e.g. Neurofen as directed.
- For more extensive rhinoplasty procedures you may be prescribed stronger pain medication e.g. panadiene forte which you should take as directed.
- If your pain is not controlled with the above measure contact WPRS for advice.

### Wound Care

- Please keep your dressing dry and leave the nose splint intact.
- If the nasal splint is falling off, you should contact WPRS during office hours for advice regarding the splint and you may be required to attend the clinic to have the splint reinforced.
- At night sleep on a couple of pillows so your head is elevated to control the swelling.
- If you have significant swelling around your eyes, cool pack on your eyes for 10 minutes every 2 hours will help reduce the swelling
- Do not blow or pick your nose. You will be shown on discharge how to clean your nose and this should be done regularly.
- 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.
- At 5-6 days after your operation you will have a wound check with the WPRS where the sutures and internal nasal splint will be removed. The external nasal splint will be removed at your second appointment at 14 days after the operation.

### Activity

- Avoid any strenuous activity after your procedure for 2 weeks.
- After the nasal splint is removed care need to be taken not to knock the nose for up to 4 weeks as this may compromise your result.
- You may return to sport and strenuous activity after 6 weeks.

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.