

POST - OPERATIVE INSTRUCTIONS

Pain Management

- During the procedure local anaesthetic is injected into the operative site which should numb the area for 6-12 hours after your procedure.
- Upon discharge you may begin to feel some discomfort for which you may take:
 - Panadol/Panadeine/Panadeine Forte, 2 tablets every 6 hours regularly for the first 48-72 hours.
 - Anti-inflammatory e.g. Nurofen can be used in addition if required.
 - Endone may be prescribed for more extensive procedure. Take this for break through pain
- 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 your splint falls off, please contact WPRS in hours for advice
- 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 for the first 48 hours will help reduce the swelling
- Do not blow or pick your nose for 7 days after the procedure. You will be shown on discharge how to clean your nose and this should be done regularly.
- If any bleeding occurs upon discharge, sit upright with head slightly forward apply ice over your nose and pressure to the nostrils for 10 minutes and then reassess. Contact WPRS if the bleeding does not cease following these measures.
- Small amounts of ooze from your wound is normal. Please consult WPRS if you are concerned by the amount or type of discharge

Activity

- Please rest for the first week after the operation.
- You should avoid driving for 2 weeks and only return to driving once you feel safe
- Between 2-4 weeks post operatively you may return to normal activities as tolerated by your body.
- Avoid any knocks to your nose for 4 weeks as this may compromise your result
- Avoid any strenuous activity (e.g. heavy lifting) after your procedure for 4-6 weeks depending on your comfort and wound healing. You may return to sport and other strenuous exercise after 6 weeks.

Follow-up

- Day 5 post discharge you will have a post-operative wound check with the WPRS nurse who will advise you on further wound care appointments and future scar management.

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

- Within clinic hours your call will be transferred to clinical nurse and managed appropriately.
- 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 staff at WPRS please call St John of God Hospital, Warrnambool on (03) 5564 0600.