



343

PRESTON STREET
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Rhinoplasty (Nose Surgery) Post Op Instructions

Nutricosmetics:

GliSODin Advanced Pre & Post Formula is a nutricosmetic designed to prepare the body for cosmetic procedures, enhance recovery time, and address all levels of wound healing. Some of the expected benefits are: helping support connective tissue formation, maintaining immune function, minimizing bruising and swelling, aiding in wound healing, helping maintain healthy skin, and maintaining good health through its powerful antioxidant properties.

Take one sachet of powder and one sachet of capsules daily for 7 days before the procedure and for 7 days post-treatment. Once completed, ask us about GliSODin Skin Brightening Formula.

The Dressing

You may have a gauze dressing under your nose to absorb any drainage. These can be removed the day after your surgery.

You may have packing in your nose. This packing will stay in your nose anywhere from a few days to a few weeks. Your surgeon will advise you for your specific case.

You may have a splint on the outside of your nose. This should stay in place until your follow up visit.

Incision Care

Your sutures are usually removed after 5-7 days.

You will be advised about starting your scar reduction protocol at your follow up visit. It is a good idea to protect scars from the Sun (with clothing or good sunscreen) for at least 12 months to prevent burning and permanent darkening.



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Swelling

Starts immediately after your surgery and will peak over 3 to 4 days and will lessen by 2 weeks. If you have had an open rhinoplasty (with an incision on your nose), the swelling of the tip may persist up to 4 months or longer.

To minimize swelling for the first 2-3 days:

- 1) Keep your head elevated on extra pillows when lying down.
- 2) Apply an ice pack around your nose for 20 minutes every 2 hours while awake, protect your skin with a thin cloth.
- 3) Avoid activities that raise your blood pressure (exercising and bending over).

Pain

Mild to Moderate- Well controlled with Tylenol or your prescription medication.

Nose Care

Wait until your nasal packing is removed to use any nasal sprays. If your nose feels dry, feel free to use saline-based nasal sprays as directed. Avoid using steroid-based nasal sprays unless directed by your surgeon.

Appearance

Swelling and Bruising will be acceptable at 2 weeks, aside from possibly the nasal tip
Scars will remain slightly pink for more than 6 months
Make Up can cover the scar your stitches are removed and all crusts have fallen off

Scar Management

We will advise you when to start your scar management cream a



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Activities

Start walking as soon as possible after your surgery

Avoid strenuous exercise for 2 to 3 weeks.

Avoid any activities, such as sports, where contact with the nose is possible for at least 6 weeks.

Do not drive until you are off all pain medications. Take a licensed adult with you for your first few drives

Return to work after 10 to 14 days

Call Our Office If you have:

- 1) Increased swelling or bruising after 3 days
- 2) Increased redness along the incision
- 3) Severe or increased pain not relieved by medication
- 4) You have a fever (oral Temperature more than 38.5 C)
- 5) Green, Brown, Grey or foul smelling discharge from the incisions
- 6) Bleeding from the incisions that does not stop with 45 minutes of pressure.

Special Instructions

-+ _____

Post Op Call -

The nurse assigned to your care will call you the day after your surgery to check in. Please let her know of any questions or concerns.

Schedule Your Follow Up Appointment -

Your appointment has been scheduled for _____.

Please call us at 613-729-1616 to confirm this appointment. You may also contact us with any concerns.

For after hours emergencies -

Call the Queensway Carleton Hospital at 613 721 2000 and the On-Call Plastic Surgeon will be paged.