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BREAST SURGERY
COSMETIC SURGERY
RECONSTRUCTIVE SURGERY

Rhinoplasty (Nasal) Surgery

SWELLING, DISCOLORATION, BLACK EYES AND DIFFICULTY BREATHING

As you were told before surgery, a varying amount of temporary swelling, discoloration, black eyes and difficulty nasal breathing follows this procedure, so try not to become anxious – it will pass. It will be difficult to breathe through your nose for approximately 1-2 weeks after surgery. This feels much like having a cold with nasal congestion. It is also common to have some bleeding from your nose as well as postnasal drip.

AFTER YOUR OPERATION:

You can help normal healing to occur several ways:

1. Clean inside of nostril with Q-tip (not deep) with antibiotic ointment Bactroban 2x daily for 5 days.
2. Apply cold compresses to eyes. Change every 15 minutes for the first 48 hours.
3. Sleep with your head elevated 30 to 40 degrees for one week; use an additional pillow or two under your mattress, if necessary.
4. Leave nasal splint in place. Please call if it becomes dislodged or falls off.
5. STAY UP (sitting, standing, walking around) as much as possible after you return home –this is important! Of course, you should rest when you tired.
6. Avoid bending over or lifting heavy things for one week. In addition to aggravating swelling, this may raise the blood pressure and start bleeding.
7. Avoid straining at stool, which also raises the blood pressure. Stay hydrated and eat foods that keep you regular
8. Tub bathing or showering can be resumed the day after surgery; do not use excessively hot water. The face may be gently cleansed with warm soap and water.
9. Avoid the use of hairdryers for the first week.
10. Do not resume exercising, running, aerobics, or nautilus for 4-6 weeks after surgery.
11. Do not wear eyeglasses or sunglasses until seen by your physician. Contact lenses may be worn one week after surgery.
12. Eye shadow or false eyelashes should not be applied until two weeks after surgery.
13. Do not apply makeup until seen at your first postoperative visit. Our Aesthetician will speak with you regarding camouflage makeup application at your first postoperative visit.
14. You should probably not plan to return to work until four or five days, or perhaps a week, after your surgery.
15. Swelling and discoloration can take 2-3 months to improve. Your final result is not achieved until one year after surgery.
16. All scars go through a period of slight swelling and, perhaps, reddening usually around six weeks after surgery; later, this subsides, and they become virtually imperceptible. This is the way a normal scar matures. Thus, any unevenness of the edges of the incisions or lumpiness of the scar is usually temporary and will subside with the passage of time.
17. Packing in the nose may come out or you may swallow it either is ok.
18. Use saline nasal spray as directed
19. Avoid sneezing or nose blowing for 6 weeks.