

Dr Arjuna Ananda

MBBS FRACS

EAR NOSE & THROAT SURGEON

ABN: 64105357168

Pain is common in the form of headaches, temporary numbness in teeth or tip of the nose or facial discomfort. Panadeine forte/Endone is generally used and provides adequate pain relief. Panadol (Paracetamol) can be used also and is effective.

Do not take any Aspirin or Ibuprofen products for 2 weeks after surgery.

You will be given prescription for analgesia on the day of surgery. Analgesia should be taken half an hour prior to meals to make eating more comfortable.

Your nose will feel **blocked** for the first 2-3 weeks due to inflammation, mucous and blood clots post surgery. This will decrease over the first 4 weeks following your surgery. During this time breath through your mouth and keep hydrated with small sips of water.

You may have **blood** stained mucous drip from your nose for the first 1-2 weeks, which is normal. To aid this - rest at home and keep your head elevated. Ice packs may help on your forehead or the back of your neck. If you are experiencing any bleeding that is not settling please present to either **Royal Prince Alfred Hospital or Concord Hospital**.

Keep your **head slightly elevated** on at least two pillows for the first 2 weeks. You can apply cold compresses around the nose and cheek area to reduce swelling and bruising for the first 2-3 days, but do not apply pressure.

You will need to **rest at home for 2 weeks**. Activities such as jogging, swimming, weights or aerobic activity, even bending and lifting should be **avoided** during the first 2-4 weeks.

You will need to **avoid blowing or rubbing** your nose for the first 2 weeks, if you have to, blow your nose gently. If you have to sneeze, open your mouth and sneeze through your mouth.

Using a cotton bud, gently **clean** just inside the nostrils. You may gently apply some ointment just inside the nostrils and on the sutures at the base of the nose.

Majority of **swelling** resolves during 2-3 months but your nose will continue to adjust its shape over the next twelve months. It will take 3 months for your nasal bones to regain its complete strength. **Avoid wearing glasses/sunglasses** for the first 8-12 weeks after surgery (so the nasal bridge can heal correctly).

Avoid sun exposure for 6 weeks after surgery.

Please **do not fly** for a period of two weeks post your procedure.

A post-operative appointment will be made 1 week after surgery for removal of sutures and splint with the nurse.

Post-operative instructions for Rhinoplasty

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Sub-speciality interests:

Sinus surgery
Skull base surgery
Sleep apnoea
Rhinoplasty

