



## Postoperative Instructions for Open Nasal Reconstruction

1. This procedure is performed to attempt correction of an external and internal nasal deformity associated with nasal obstruction. These procedures are complex and may require 3-4 hours of general anesthesia.
2. Bloody nasal drainage may last for a few days. Change the nasal drip pad as needed.
3. There will be a cast over the nose. There will be splints sutured in the nose. These will be removed 1-2 weeks after surgery. The nose will be very congested. There is nothing that may be done to resolve this quickly. It will improve over the weeks after surgery.
4. There will be sutures between the nostrils. These sutures are removed 1 week after surgery. Clean the incision and sutures 3 times a day with peroxide and apply over the counter Bacitracin antibiotic ointment.
5. No nose blowing for 2 weeks. No strenuous activity for 2 weeks. No contact sports for 6 weeks.
6. Expect some bruising over the nose and around the eyes. There will be external nasal swelling. The most noticeable swelling will improve over 2-3 weeks. However, the nose may not reach final appearance for 6 months.
7. For the first 48 hours after surgery, apply an ice pack over the nose for 20 minutes every 2 hours.
8. Sleep with your head elevated in a recliner or on 3-4 pillows for 1 week.
9. Pain medications and antibiotics will be prescribed. You may also take Advil or Motrin.
10. Fevers for a few days after surgery may occur. Use Advil or Motrin.
11. The upper midline teeth may be numb for a few weeks after surgery.
12. Nasal obstruction may be multifactorial. Other procedures may be required to further improve nasal breathing problems after this surgery.

I, \_\_\_\_\_, confirm that I have read and understand the information provided before the date of surgery.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date