

**Adelaide
Plastic
Surgery
Rhinoplasty**



**Discharge
Information**

Rhinoplasty

Discharge Information

Recovery

Immediately after your surgery you will be transferred to the recovery room. If you are a day surgery patient, you may be ready to go home in a few hours, some patients may stay overnight.

You may have a dull headache and you probably will not be able to breathe through your nose.

Bleeding

It is common to experience bleeding from the nose for the first few days.

If the area bleeds:

- Sit down and rest.
- Apply ice packs over the area for 20–25 minutes.
- If bleeding does not stop please call and speak to one of the nursing staff on 8213 1800 Monday to Friday 9.00am to 5.00pm.
- Outside of these hours please call 8213 1800 and listen to the message. You will be provided with contact details for our on call surgeon or nurse.

Pain or discomfort

Pain and discomfort are expected in the first few days. Gradually this will resolve.

If you are experiencing pain or discomfort take Panadol or Panadeine 4 hourly (as long as you are not allergic to these) with a maximum of 8 tablets in 24 hours.

Alternatively your surgeon may prescribe you a pain reliever.

Aspirin based pain relief should not be taken before or immediately after surgery as this can increase the tendency for you to bleed.

If the pain worsens over the first few days please phone and speak to one of our nursing staff.

Care at home

Your face may feel swollen and the area around your eyes swollen and bruised. The amount of swelling will increase in the first 2–3 days and then begin to subside. Usually by day 10 the bruising and swelling are greatly reduced. Some subtle swelling may remain for several months.

You may find it difficult to breathe, but this will improve as the swelling and bruising go down. Stuffiness may persist for several weeks.

If packing has been placed inside the nose, it is usually removed in recovery prior to discharge. Sutures inside the nose are usually dissolvable and do not require removal. External sutures are removed 4–7 days after surgery.

All dressings, splints and sutures are usually removed in 1 week. After the splint is removed, glasses can be worn, but they must not exert weight on the healing nose. Contact lenses can be worn as soon as you feel up to it.

The skin of the nose may be numb and sensation will return gradually.

Your surgeon will advise you not to blow your nose for at least 4–6 weeks. You should avoid activity that increases your blood pressure (jogging, swimming or bending) for 2–3 weeks. Take precaution to avoid having your nose hit, rubbed or sun burnt for at least 8 weeks after surgery.

Do not clean inside your nose unless instructed by your doctor.

Some patients experience feelings of depression after surgery, especially when they see swelling and bruising. This is normal and usually lasts a few days. However, if emotions get worse, tell your surgeon.

If you smoke, quit! Smoking interferes markedly with wound healing.

Any concerns

Please phone 8213 1800 and ask to speak to our nursing staff Monday to Friday 9.00am to 5.00pm.

In case of an emergency

Your surgeon or the on call surgeon can be contacted on 8213 1800 at any time.

We deal with whatever life deals out

Plastic, Cosmetic
& Reconstructive
Surgery

General Surgery,
Surgical Oncology
& Breast Surgery

Cosmetic &
Laser Physicians

Nurse Injectors

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