

Nasal Surgery (Rhinoplasty) Post-Operative Instructions

What is nasal (Rhinoplasty) surgery?

Nasal surgery, technically referred to as Rhinoplasty, may be necessary to improve the appearance and function of the nose which have been distorted with growth after a cleft lip, cleft palate or other craniofacial surgery. The nose may appear flattened, or there may be asymmetry of the nose. There may be nasal obstruction due to a small nostril or a deviated septum. Surgery to revise the appearance of the nose may take place before the child starts school or during the teenage years, depending on the recommendations of the plastic surgeon.

What changes to appearance can I expect after the surgery?

- You may expect bruising and swelling.
- You may have slightly more swelling in the mornings.
- Most noticeable swelling will subside in about 2 weeks.
- You may expect minimal swelling of your nose for several months.

How will I take care of the nose after surgery?

- Keep the splint dry.
- You may gently clean dried blood from the inside of the nose with a Q-tip and dilute hydrogen peroxide.
- Refrain from blowing your nose or sneezing if possible for 2 weeks.
- Use saline spray or a bulb syringe for comfort and to help clear drainage.
- Keep head elevated when resting, and sleep with at least 2 pillows.
- Use a humidifier or vaporizer to increase air moisture.
- Use Vaseline around the outside of the nares.
- You may bathe or shower the next day. Remember to keep the nose area dry.

How will I manage my child's pain at home?

The maximum discomfort will occur the first couple of days after surgery. You may experience some headaches. Take the pain medication as prescribed. You will probably have some discomfort related to inability to breathe through your nose. Drink plenty of liquids and keep your lips moist with Vaseline, lip balm, etc.

What will my child be able to eat?

- Have a light meal the evening after surgery.
- You may eat regular food as soon as it is tolerated.

What kind of activity can my child do after surgery?

- No bending, lifting, or vigorous activity for 2 weeks.
- Avoid straining activities which bring pressure to the head area.
- Refrain from any activity which may cause a blow to the nose for 1-2 months or until otherwise directed by your surgeon.

When will my child return for a follow-up appointment?

An appointment will be made for you to return to the Plastic Surgery Clinic about 1 week after surgery or discharge. Please make a list of any questions you may have. If you are unable to keep your appointment, it is very important for you to call and reschedule.

- The splint will be removed approximately 1 week after surgery.
- The plastic splints inside of the nose will be removed approximately 1-3 weeks after surgery.

When should I call the doctor?

Call us if your child has any of the following signs or symptoms:

- If you have any extreme swelling or bruising.
- If you have persistent pain not relieved by the medication.
- Oral temperature over 100.5°F

- Bleeding that has not subsided after 20 minutes of applying gentle pressure to side of nose while sitting in an upright position with head bent forward. (Oozing can be expected.)

What is the contact information?

If you have any question, problems or concerns call the Pediatric Plastic Surgery clinic from 8-5:00pm Monday thru Friday, 734-763-8063. After 5:00pm or on the weekends if you have urgent issues call hospital paging at 734 936-4000 and ask the operator to page the Plastic Surgery Resident “on call”.

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