

POST SURGERY CARE INSTRUCTIONS:

Rhinoplasty

*These instructions apply to most individuals. We may modify our recommendations to you, depending on your specific needs. Please follow these instructions UNLESS we notify you in writing to do something different. *

WHAT TO EXPECT AFTER SURGERY

Swelling:

- Swelling is expected the first 3 months and can last up to a year.
- Use ice packs or cool compress to cheeks and eyes for comfort and to reduce swelling. 15 minutes on/15 minutes off only - to avoid damaging skin. AVOID ICE ON THE TIP OF THE NOSE.
- Do not lay flat for 3 weeks. Keep your head elevated during rest and sleep.

Bruising:

- You may experience bruising to your cheeks and under eyes. Bruising can last up to a month. Ice packs or cool compresses to these areas can help reduce bruising.

Congestion:

- Your nose may be partially blocked due to swelling. The splints will partly reduce the airway. To help with these symptoms, take over the counter Sudafed or a prescription decongestant to decrease symptoms.
- Avoid Ibuprofen.
- Gargling with mouthwash 2x a day then following with a swish and spit of tap water has been helpful for patients with a sore throat post-op.

Blood in Nostrils

- After surgery, some oozing usually occurs for a couple of days. To prevent crusting of the dried blood, clean the inside rim of the nostrils using a Q-Tip soaked in a mixture of 1/2 Hydrogen Peroxide and 1/2 water. A very gentle twirling is enough to keep the area clean. Advance the Q-Tip as far as the cotton tip but NO further in the nostril.
- Apply a thin layer of Mupirocin or Aquaphor afterwards.

SAFETY / CAREGIVER

After surgery, you will be weak and drowsy. You will need a responsible ADULT caregiver to stay with you 24-48 hours after surgery to monitor your health and support you.

NUTRITION

Adequate fluid and nutritional intake are CRITICAL for proper healing. You may not feel hungry after surgery. Start with a liquid diet and then progress to a soft foods diet. It is essential that you spread your required fluid and nutritional intake evenly throughout the day to ensure you get everything you need. Protein intake is EXTREMELY important for wound healing. Protein shakes, smoothies, and soup are great sources of protein and easy to eat after surgery. Limit carbonated beverages and spicy foods that can cause gas and bloating. Avoid salty foods which will increase swelling.

MEDICATION SAFETY

Dr. Camp uses a multimodal pain medication regimen to help keep pain tolerable and our patients comfortable. Stay ahead of the pain for the first 24 hours by following the schedule of medications outlined on your medication chart. After 48 hours, Dr. Camp recommends avoiding the use of narcotics like hydrocodone (norco) and muscle relaxers such as valium. Continue taking Celecoxib (Celebrex) and Gabapentin every 12 hours to maintain comfort. **Constant, severe, worsening pain should be reported to our office immediately.**

It is important to take the medications as prescribed. DO NOT drive while taking narcotics, muscle relaxers or any medication that causes drowsiness. Additionally, DO NOT drink alcohol while still taking any of the prescription medications.

POSITION AND ACTIVITY

BODY POSITION: Keep your head elevated for 3 weeks to reduce swelling. Sleep on a wedge, several pillows, or in a recliner chair.

REST: Rest is important in the early stages of healing. Take care of no one else and let others tend to you.

WALK: It is also important that you are ambulatory, meaning that you are walking under your own strength. During the day, spend 10 minutes every hour engaged in light walking indoors as you recover.

ACTIVITY: Do not engage in any stressful activities.

WEEKS 1 - 3

- For the first 3 weeks post-op, walk as much as you'd like indoors.
- Avoid raising your heart rate over 100 or increasing your blood pressure.
- No sweating.

WEEKS 3 – 6

- You may ease back into light daily activities and hygiene as you normally would. Listen to your body and avoid stretching or motions that cause too much pain. Your normal range of motion will return as you heal.
- You may increase activity with faster walking.
- No "exercise" or high impact activity (biking, elliptical, weights or resistance training).
- Avoid vigorous household activities like vacuuming, house cleaning, etc.
- Do not lift, push, or pull anything greater than 10lbs.

AFTER 6 WEEKS

- Expect your energy to return to normal 6-8 weeks after surgery.
- Ease back into physical activity, starting very light and increasing frequency and intensity gradually over 3-6 months, depending on your health, physical stamina and pre-operative level of fitness.
- There is no weight limit but listen to your body. Discomfort is your body telling you to back off.

SUN EXPOSURE: Avoid sun exposure for 6 weeks. Treated areas are more likely to sunburn for up to 1 year.

DEEP BREATHING

After surgery it may be uncomfortable to take deep breaths. Using your incentive spirometer (blue breathing device) will help strengthen and clear your lungs, lowering the risk of postoperative pneumonia. **Use your incentive spirometer 10 times an hour while awake for 1 week after surgery.**

NUTRITION

Adequate fluid and nutritional intake are CRITICAL for proper healing. You may not feel hungry after surgery. It is essential that you spread your required fluid and nutritional intake evenly throughout the day to ensure you get everything you need. Protein intake is EXTREMELY important for wound healing. We recommend 70-90gms of protein daily after surgery. Start with a liquid diet and then progress to a soft foods diet. Protein shakes, smoothies, and soup are great sources of protein and easy to eat after surgery. Limit carbonated beverages and spicy foods that can cause gas and bloating. Eat and drink slowly. Avoid salty foods which will increase swelling.

BLOOD CLOT PREVENTION

WALK: It is essential that during the day you get up EVERY HOUR and walk around indoors for 10 minutes while you recover.

SEQUENTIAL COMPRESSION DEVICES (SCDs): If you received portable Sequential Compression Devices (SCDs), please wear them for 2 weeks after your surgery. It is especially important to wear them at night, be sure to charge them before bed.

LOVENOX: You may be prescribed Lovenox injections for up to a week or more. You will be instructed when to start this and where to inject by the recovery room RN upon discharge. You may be told to NOT start the medication if you are noted to bleed easily in surgery. WATCH THIS LINK FOR INSTRUCTIONS BEFORE you give the first shot! Please watch this video so that you know how to use it. <http://www.lovenox.com/>. DO NOT INJECT LOVENOX INTO THE ABDOMEN AFTER A TUMMY TUCK/ ABDOMINOPLASTY OR ABDOMINAL LIPOSUCTION. Do not inject into or near a surgical area or you can cause permanent damage to the surgical site. Always do injections exactly 24hrs apart

CAST AND SPLINT

A small aluminum splint will be placed on top of the nose to provide protection. If your surgery involves the septum, small plastic splints will be sutured inside the nose. These protect the internal septum and still leave space for breathing. All splints are removed by Dr. Camp's nurse in the office, 6-8 days after surgery. **DO NOT REMOVE SPLINTS AT HOME.** All splints should be kept dry, even once allowed to shower.

INCISIONS AND SUTURES

The colored stitches on the outside of the nose are removed in 6-8 days in the office. Clean the incision with Q-Tips soaked in a mixture of 1/2 Hydrogen Peroxide and 1/2 water and then apply a thin layer of mupirocin ointment to the area twice daily-morning and evening. **DO NOT** put Q-Tip inside the nose. **ONLY** use on the tip of the nose.

SHOWERING AND HYGIENE

- You may shower **48 hours after surgery** but **KEEP NASAL SPLINT AND DRESSINGS DRY AND CLEAN.** Have someone help you in case you become lightheaded. We recommend taking the prescribed nausea medication 30 minutes before your first shower.
- Wear loose, comfortable clothing and be careful pulling clothing over your head.
- **DO NOT** wear glasses or sunglasses for 4 weeks. You may wear contacts.
- **DO NOT** wear make-up for 4 weeks.

CONSTIPATION PROTOCOL

You may not have a bowel movement for several days after surgery, this is normal. Constipation can be prevented by staying hydrated, moving, and taking MiraLAX 4x/day in a liquid of your choice. MiraLAX does not cause cramping and is very safe/effective.

Diarrhea can be caused by antibiotics taken postoperatively- please notify us if you experience this.

URINATION

We want you to urinate within 4 hours of surgery. Ideally, you should urinate at least twice before you go to bed the evening of surgery. If you are not able to urinate, please notify us ASAP.

NURSE PHONE CALL

Your post-op nurse will call you the day after your surgery. Please answer so we can make sure you are healing normally and answer any questions you may have that are not covered in the post-op instructions. We want to speak to you. We are also happy to speak with your caregiver, but we want to hear your voice and have you answer our post-op questions. Please write down all your questions and save your questions for this call. Our RNs have scheduled time to check on our immediate post-op patients.

QUESTIONS AFTER SURGERY

Steven Camp MD Plastic Surgery

Phone: (817) 228-4315

Text: (833) 784-3316

Office Hours: Monday – Friday, 9 am – 5 pm

For post-op questions, please call or text the office and leave a message for our post-op nurse. Please note there may be delays in getting back to you with non-urgent questions as our RNs are in clinic treating patients during the week. Social media should **NOT** be used to contact us regarding your care. ***Prior to calling, please review your post-op instructions to ensure your question is not already answered.***

EMERGENCIES & AFTER-HOURS

NONURGENT: For nonurgent and routine post-op questions after business hours, please TEXT OR CALL THE OFFICE AND LEAVE A VOICEMAIL. We will contact you within 24 hours regarding non-urgent matters. For questions or concerns requiring a more immediate response, call our office to be connected to our after-hours emergency line.

NONURGENT issues include:

- Medication refill requests
- Routine post-op questions
- Appointment scheduling

URGENT: For urgent, non-life-threatening medical issues or concerns, please CALL OUR OFFICE IMMEDIATELY to be connected to our after-hours emergency line. The after-hours emergency line rings directly to Dr. Steven Camp and Sara Camp AG-ACNP, APRN, MSN. If they do not answer, please leave a detailed voice message. They are most likely on another call and will contact you immediately.

URGENT issues include:

- Surgical drain issues
- Fever of 101 or greater
- Allergic reaction to medications
- Increasing swelling or redness around the incision
- Drainage from incision that is yellow or green
- Drainage from incision that has a foul odor
- Severe pain that is not relieved by medications
- Severe nausea or vomiting that is not relieved by medications

EMERGENCY: If you are experiencing a life-threatening emergency, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM IMMEDIATELY. While we cannot provide immediate assistance, we ask that you update us once you are safe.

EMERGENCY issues include:

- Shortness of breath or difficulty breathing
- Chest pain
- Loss of consciousness
- Calf pain or tenderness, lower leg/calf swelling, one leg more swollen than the other
- Uncontrolled bleeding

COMMON QUESTIONS

Jewelry/Piercings: If you have piercings, you can have non-metal spacers placed before you arrive to the surgery center, as long as the piercing area is a NON-SURGICAL area. Otherwise, not even a spacer is allowed. Please don't call us and ask about this as there are no exceptions. It's for your protection and keeps the tools used in surgery from burning your skin!

Menstrual Cycle: What if I'm on my period the day of surgery? This will NOT hinder you from having surgery. Please wear a pad (not a tampon) to surgery. The surgery center has pads and disposable underwear you can wear.

Exercise: See 'Activity Section' for details. Doing so earlier can mess up your results and prolong healing.

SEX: Refrain from sex for at least 4-6 weeks after surgery. Resume with caution and avoid pressure or rubbing on surgical sites.

Swimming/Baths: AVOID for at least 6 weeks after surgery. All your incisions must be COMPLETELY healed and closed before you do this. Otherwise, you could get a bad infection! This includes lakes, oceans, hot tub, pool, and bath water.

Scar Treatments: A few weeks after your procedure and when incisions completely closed, our nurse will direct you to start using Silicone Scar Strips or silicone scar gel- apply with clean hands. Scar Away is a good over the counter brand. You can get these products at CVS, Walgreens, Wal-Mart, or on Amazon. You may start applying scar strips for 12 hrs. on, then 12 hrs. off every day. Scar gel may be applied every 12 hours. Continue using for several months after surgery.

Post-Operative Travel: Typically, we recommend not traveling for at least 6 weeks for vacations! Necessary travel before this time should be done cautiously, taking care to adhere to lifting and activity restrictions to avoid complications. This is the timeframe in which you have the highest risk of getting an infection or an incision opening up.

Alcohol: Avoid for 2 weeks before surgery and at least 2 weeks after surgery. You must be off all of your medications for at least ONE full week before you drink alcohol. Alcohol is NOT good for healing!

Tanning: Avoid excessive sun exposure 10 days prior to surgery. If you have a sunburn, surgery may have to be delayed. Avoid direct sun exposure of surgical site skin for at least 6 weeks after surgery. Sunblock with UVA/ UVB protection SPF 35 or greater is recommended to protect skin with any sun exposure. Note: bathing suits and thin clothing offer minimal sun protection. You should always apply sunblock under such garments.

Spray Tan: Avoid for 2 weeks prior to surgery and for 6 weeks after surgery.

Tattoos: Avoid for 6 weeks before surgery and 3 months after surgery to decrease the risk of infection.

Pets: No pets sleeping in your bed for 6 weeks. Do not walk large dogs with a leash for 6 weeks after surgery.

Nails: Do not replace dip, gel, or acrylic nails until cleared by your nurse.

Should I search online or ask my friends if I have any questions about my procedure or recovery? You know the answer to this one! Google "experts," reading social media "expert groups" or asking your friend that had plastic surgery causes a lot of problems and unnecessary anxiety. Please call us if you have any questions or concerns. Dr. Camp is a board-certified plastic surgeon with nearly 10 years in private practice. It is dangerous to attempt to diagnose yourself or depend on the advice of bloggers, social media sites or friends and family. We are here to help, ask us anything!