



# GUYETTE

Facial & Oral Surgery Center

- 1. Positioning:** For the first several weeks, it is best to keep your head elevated. When you return home from surgery sit with your head elevated with ice packs on your eyes covering each side of your nose (20 minutes on, 20 minutes off). Crushed ice in a "baggie" or frozen peas works well. Ice is helpful up to 36 hours after surgery. It is not necessary to stay up all night changing packs. After 36 hours, use ice only if it feels good to do so. When sleeping, keep your head elevated above the level of your heart (you do not need to sit upright). Extra pillows under your head, or a blanket or two under the mattress work well.
- 2. Swelling/Bruising:** Swelling and bruising are normal body responses to surgery. Swelling usually peaks the second or third day after surgery then begins to decrease. Most often, swelling is gone in 10 days, but the remainder takes months to resolve. "Black eyes" are expected with nasal surgery. This bruising can last 7-14 days. By taking the medications as prescribed, and carefully following these instructions, you will be doing everything possible to minimize swelling and bruising.
- 3. Bleeding/Cleaning:** Oozing from the nose is normal for the first few days after surgery. You will leave the office with a "moustache" dressing in place. Change the dressing as needed over the first 12 hours. When the bleeding stops, you no longer need the dressing. You may notice that oozing recurs when you become active, or bend over. If so, sit quietly with your head up, ice packs over your eyes, and with a new dressing in place until the bleeding stops. Clean nostrils with a Q-tip soaked in 3% Hydrogen Peroxide. Place the Q-tip in nostril only so far as cotton, remove dried blood. Then clean nostril with liquid soap and a Q-tip, followed by water on a Q-tip, and finally roll a small amount of antibiotic or A&D ointment into the nostril.
- 4. Nutrition:** Good nutrition is very important in optimizing healing after surgery. Make sure you eat a balanced diet.
- 5. Exercise:** Light exercise, such as evening walks, can begin the day following surgery. Do not lift heavy objects, bend over, or return to strenuous activity until instructed by Dr. Guyette or staff. On average, moderate exercise begins 2-3 weeks, and vigorous exercise 5-6 weeks after surgery. It takes 8 weeks for the nose to become as strong as it was prior to surgery, so be careful!!!
- 6. Medications:** If you are able to take Ibuprofen, take over-the-counter Ibuprofen (Advil, Motrin), 200 mg tablets, 3 tablets, 4 times per day, for 3-7 days after surgery. Do not drive for 4 hours after taking narcotic pain medication.