



Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

Septoplasty/Rhinoplasty Post Operative Instructions

- Take the antibiotic, pain, and anti-nausea medication the day after your surgery as prescribed by Dr. Smith. You can start using your pain medication the night of surgery if you are in pain.
- You may have external sutures on the underside of your nose and/or behind your right ear. Clean sutures with normal saline or wound cleanser and apply the antibiotic ointment (Bactroban/muporicin) 2 times daily
- It is important to keep sutures clean and free of dried blood/crusting as this will prevent healing and lead to an undesirable scar.
- You may have stents placed inside your nose. You will need to use Nasal saline every 2 hours while awake and as needed to wash out your nose. This is very important- you cannot overuse the saline.
- Do not get surgical area/ sutures wet with water until all sutures have been removed. It is okay to bathe from neck down.
- Some bleeding/oozing is expected from your nose. You can keep the mustache dressing in place to help with the oozing. You do not need to wear the mustache dressing once the oozing has stopped.
- You may have an external nasal cast in place. This will need to be left on for at least 1 week. If it should fall off, call the office immediately as it will need to be re-applied. Do not re-apply yourself as you could damage your nose.
- Pain after surgery is common and mostly occurs around the nose and upper teeth. This is normal and should be alleviated by pain medication.
- No bending or lifting greater than 15 pounds x 3 weeks. It is okay to walk, but avoid vigorous exercise until directed by Dr. Smith.
- Do not blow your nose. If you need to sneeze, sneeze with your mouth open.
- You may notice bruising under eyes or under chin especially if you are on blood thinners or ibuprofen. This is normal and should resolve within a few of weeks. Do not use ibuprofen/Advil/Aleve until directed by Dr. Smith
- Avoid any dogs and small children in your lap. They have a tendency to hit your nose with their head. This is the most common reason we have to take patients back to the operating room to re-set their nose.
- Do not smoke. If you currently smoke or use tobacco products, you should not use these products for at least 6 weeks after surgery. Tobacco products delay healing time and can significantly compromise your surgical outcome

You will be given your follow up visit via our Klara patient communication app. Please contact via Klara with any questions or concerns.

www.jessesmithmd.com