

Follow-up Appointment

Date: _____

Time: _____

Questions?

Otolaryngology Clinic
206-598-4022

For urgent issues have the front desk staff page the nurse.

Nurse's Voice-Mail
Monday-Friday
206-598-7535

8:00 a.m. - 5:00 p.m.
For questions about your care. Leave the time you can be reached.

After hours, call UWMC Paging:
206-598-6190

Ask them to page the Otolaryngologist on-call.



Septo-Rhinoplasty

What to expect after your operation

A procedure to alter the nasal septum is called a septoplasty. It is usually done when the septum is deformed, fractured or injured, and normal breathing and nasal drainage is altered. Rhinoplasty is a procedure to improve the appearance of the nose. Often, the two procedures are performed together. This pamphlet outlines how best to prepare you for this operation and what to expect from your surgery.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Otolaryngology – Head and Neck
Surgery Center
Box 356165

1959 N.E. Pacific St. Seattle, WA 98195
206-598-4022

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Nasal Surgery Care

- You may have some nasal drainage. This is usually watery, but may be blood-tinged right after surgery. The amount of drainage should be minimal after 48 hours.
- Facial swelling and bruising beneath the eyes varies from one patient to the next. Apply ice compresses to your eye area for 10 minutes every hour for the first few days while awake. Keep your head elevated on 2 pillows at night. The swelling should lessen in 48 hours.
- Nasal congestion is common until the plastic splints inside the nasal passages are removed (in 1 week) and healing is complete.
- You may have an external nasal splint dressing. This dressing should remain in place until removed by the doctor in about 1 week. Keep this splint dry to avoid dislodging it.

Activity

- Avoid nasal trauma and nose blowing for 2 weeks.
- Restrict any sport activities involving body contact for 4 to 6 weeks.
- Avoid strenuous activities or heavy lifting for 3 weeks.
- Avoid wearing eyeglasses or sunglasses. The pressure on your nose may cause a deformity.
- Sneeze with your mouth open.

Pain Management

Please use your prescribed pain medication as told. It may cause constipation.

Other Care Instructions

- Avoid excessive sun exposure. After surgery, the skin on your nose is more sensitive to sunburn. Wear a sunscreen of SPF 15 or higher, or wear a hat.
- Avoid nose-blowing for 2 weeks after surgery. After your follow-up appointment, your doctor may give you saline nasal spray to gently spray into your nose.
- Take the antibiotics as told.

Post-Operative Visits

You will be seen 5 to 7 days after surgery. Your doctor will let you know when to make another appointment at each visit.

Return to Work

Take 1 to 2 weeks off for recovery.

Call the Clinic Nurse or Doctor If You Have:

- Continuous bleeding from your nose.
- Excessive pain unrelieved with your pain medication.
- Persistent nausea or vomiting.
- Rash or itching.
- Temperature greater than 100°F or 38°C.