



GILLUM FACIAL PLASTIC SURGERY
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Post-Operative Septo-Rhinoplasty (Nasal Surgery)

1. Remember, healing is a process and it begins with the first incision and is not complete until up to a year after surgery. It is important to understand that this is not an overnight process and your continued diligence in caring for your nose is critical for excellent results both functionally and cosmetically.
2. You will have a nasal splint applied to your nose. This splint needs to remain in place for 1 week.
3. You will also have nasal packs placed in your nose. These will either be removed before you leave the surgery center or the next day. Do not attempt to remove these yourself.
4. Bleeding may occur for the first couple of days after surgery. This is normal and you will need to change the dressing under the nose until the bleeding stops. Do not blow your nose or mop the base of your nose. The discharge from your nose will subside just give it time.
5. Pain medication should be taken as needed. You can try taking Extra Strength Tylenol for pain and Benadryl for rest. DO NOT TAKE ANY ASPRIN, MOTRIN, ALEVE, EXCEDERIN, OR IBUPROFEN. Make sure you are eating enough while taking medications to prevent nausea or vomiting. It is also important that you stay hydrated, make sure to drink plenty of fluids; water, Gatorade or juice.
6. Apply ice packs to your eyes and cheeks for 48-72 hours. A good option is to wet gauze pads and place them in the freezer for an hour. They are light and easy to place strategically in-order to avoid the nose area.
7. Clean the inside tip of the nose and any exterior stitches with hydrogen peroxide on a Q-tip. Then apply bacitracin to the cleaned areas. You will need to do this 4-6 times per day.
8. Try and breathe through your mouth as much as possible for the first week. You will want to apply Chapstick or Vaseline to your lips because they will become dry.
9. Use your nasal saline spray several times a day for the first week. It will help soften the nasal tissue, loosen any crusting in the nose, and dissolve sutures.
10. Avoid prolonged chewing and excessive facial movements for the first week. Brush teeth with a soft or children's toothbrush to avoid manipulation for the upper lip. This allows for the nose to rest.
11. Lay on your back with your head elevated as much as possible (2-3 pillows); gravity helps remove the fluid (swelling) from the operated area.

12. If you have to sneeze please do so with an open mouth.
13. You may wear your contact lenses and eyeglasses the day after surgery. Please be very careful not to disturb your nasal splint.
14. Try to avoid allowing your nasal splint to get wet but if it does just gently pat it dry.
15. No blowing and or sniffing your nose for at least 2 weeks.
16. No bending, lifting, or extreme physical activity including athletics and intercourse for 3 weeks after surgery. You may resume light walking three days after surgery. Aerobic exercise, weight training, heavy lifting and straining may generally be resumed 4 weeks after surgery. They need to be resumed gradually and you need to be cleared by Dr. Gillum first.
17. Avoid bumping your nose. It is very fragile and it will be very painful if you bump your nose during the healing process. Remember this with small children, animals, etc...
18. Don't swim for 1 month post surgery. Nasal injuries are common with swimming.
19. The nasal splint will be removed at your 1 week follow up visit. At this time we may also suction the nose which will improve your breathing. This is generally not a painful process. You will receive further instructions at this visit.
20. If you have any questions or concerns please call our office at (317) 571-0756, this number rolls over to our on-call nurse after hours and on weekends.

Nosebleed Instructions

1. RELAX, lie down with your head elevated on pillows or in a reclining chair.
2. Take a pain pill or Valium
3. Lay an iced washcloth on your nose, face and neck
4. Apply pressure on your face on each side of the base of your nostrils
5. If you have nose spray (Afrin or neosynephrine) spray this up the side of the nose that is bleeding-DO NOT
LEAN HEAD BACK, LEAN HEAD FORWARD AND DO NOT SWALLOW BLOOD.
6. Wait 15 minutes and repeat if the bleeding continues.
7. If the bleeding continues after the second attempt, you need to call the office. We will probably need to see you