

## ENT / Head and Neck Department

# Discharge advice following Rhinoplasty

### What is a Rhinoplasty?

A Rhinoplasty is an operation which is carried out to correct deformity and blockage of the nose. This is done by reshaping the skeleton of the external and internal nose.

### Day of Discharge

Before you are discharged home, your Consultant or his deputy will come to see you and agree your discharge.

### Nutrition

After your operation you may resume your normal dietary intake. Alcohol should be avoided or kept to a minimum for one week, as it increases the risk of bleeding from your nose.

### Mobility

- We advise you to rest for a few days following your operation, and avoid heavy work for one week.
- It is important to avoid dusty or smoky atmospheres and crowded places e.g. pubs and parties for one week; this is to prevent unnecessary irritation to the nasal lining and reduce the risk of infection.
- You should ideally avoid any further involvement in contact sports but if that is not possible they should be avoided for at least six weeks or as otherwise advised by your Consultant.

### Bathing

You may bath as normal after discharge from hospital.

### Driving

You may resume driving 48 hours after your operation.



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## Sexual Relations

You may resume your normal sexual relations as soon as you feel well enough to do so.

## Returning to Work

You will need to refrain from work for up to 14 days after your operation. This is to reduce the risk of infection and to allow your nose to heal. **A sick note** is available from the Ward Clerk to cover you whilst you are in hospital, but you will need to visit your GP for further sick notes.

## Wound Care

- You will have an external nasal splint on your nose for a period of time which will be decided by your Consultant. This helps protect your nose while it is healing.
- Avoid blowing your nose for the first 24 - 48 hours following surgery; you may then blow your nose gently for the first week.
- Some blockage and blood stained discharge is to be expected for the first week following surgery.
- It is also important not to pick your nose, or insert any cotton buds or tissues into your nose as it could cause infection.
- If possible reduce or stop smoking in order to aid healing.
- Any bruising and swelling around your nose and eyes will settle completely within two to three weeks without the need for any special treatment.

## Medication

You may experience some nasal discomfort, tenderness and headaches following surgery, for which you can take Paracetamol. Your Consultant may also prescribe Nasal drops and/or an Inhalation to help with the nasal congestion, if so then an initial supply will be provided when you leave the ward.

## Bleeding

If there is any bleeding from your nose after you are discharged:

- Pinch the soft part of your nose firmly, whilst sitting upright with your head tilted slightly forward.
- Try not to swallow any blood, but spit it out into a bowl.
- Place ice cubes or a bag of frozen vegetables on to the bridge of the nose. Relax and breathe through your mouth.

If the bleeding does not stop after fifteen to twenty minutes, please contact the ENT ward at University Hospital. Telephone 024 7696 7831. They will advise you and may

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ask you to return to the ward. Or go to your nearest Accident and Emergency Department. You may also call this number if you have any further questions.

### **Out-patients Appointment**

If you require a follow up appointment in the out-patients department, this will be sent to your home address. You may be required to return to out-patient department Clinic 10 for removal of the plaster of paris after about one week. You will be given this appointment before you leave the ward.

### **Post**

Any mail which arrives for you following your discharge will be re-directed to your home address.

We wish you a speedy recovery.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the Department on 024 7696 7831

The Trust operates a smoke free policy.

#### **Document History**

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