



# UNC

DEPARTMENT OF OTOLARYNGOLOGY/  
HEAD AND NECK SURGERY

DIVISION OF FACIAL PLASTIC &  
RECONSTRUCTIVE SURGERY

## Discharge Instructions – Rhinoplasty/Nasal Surgery

*Please Read and Follow These Instructions for the Best Outcomes Following Your Surgery!*

### WHAT TO EXPECT FOLLOWING SURGERY:

- **Bleeding** - A drip from the nose and into the back of the throat is normal for the first two days following surgery. For flowing blood (like a faucet), contact the ENT Doctor on call as noted below.
- **Nasal congestion, fullness, facial pain, headache, and disrupted sleep are normal for the first week** and are an expected part of the healing process. This will improve after the first debridement is performed in clinic about one week following surgery. You may wish to take pain medication one hour before your visit in preparation for this.

### NASAL IRRIGATIONS AND NASAL STEROIDS:

- **Good post-operative irrigation on your part is essential to a successful outcome!**
- **Instructions:**
  - Use the irrigation bottle/method (e.g. NeilMed Sinus Rinse) mixed with a sterile saline solution at least two times per day (one ENTIRE bottle per nostril).
  - Use distilled, bottled or boiled tap water to make up the saline solution according to the instructions.
  - Wait about 5 minutes after irrigation, then use the nasal steroid (e.g. Fluticasone); make sure to point the nozzle away from the septum (toward the same ear as the nostril).
  - **If you have plastic splints in your nose:**
    - Do not use the irrigation (NeilMed Sinus Rinse) as outlined above.
    - Squirt nasal saline (Ocean Spray) into the breathing channels of the splints twice a day to keep them open and clean.

### ACTIVITY:

- **Minimize your activities** with only light activity for the first week following surgery.
  - Listen to your body! If you feel tired over the first few days, you should rest.
- **No nose blowing, stooping, straining or heavy lifting > 2 bags of groceries.**
- **Sneeze with your mouth open.**
- **Sleeping with your head elevated** will reduce bleeding from the nose.
- **If you have been prescribed a CPAP machine, DO NOT USE** until your doctor says it is safe; sleep in a recliner chair with your head elevated in the meantime.

### MEDICATIONS:

- **Resume your home medications.**
- **Do not take any aspirin containing products or blood thinners** (Goody's, BC Powder, Ibuprofen, Aspirin) until told to by your surgeon.
- **Do not take any intranasal medicines** until told to by your surgeon.
- **Pain:**
  - **Mild to moderate pain:** Over the counter Tylenol (Acetaminophen) as per the instructions on the bottle
  - **Severe pain:** Take your pain medicine prescription as directed
    - **NEVER DRIVE A VEHICLE OR OPERATE HEAVY MACHINERY WHEN TAKING PRESCRIPTION PAIN MEDICINE**

### DRIVING:

- **Do not drive** within 24 hours of receiving anesthesia or taking pain medication
- **DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION**

### DIET:

- **Resume a healthy, balanced, normal diet** as you feel up to it.

### FOLLOW UP:

- **You will have important follow-up appointments;** these will be scheduled for you (and provided to you before your surgery date).
- You should take a prescription pain pill (with food) prior to the first follow up visit in preparation for a clinic debridement.
- If you do not have an appointment please call the numbers below to schedule a visit.

### APPOINTMENTS:

- **Dr. William Shockley** call Sonia at 919.843.2749
- **Dr. Madison Clark** call Windy at 984.974.2255

### CALL OUR OFFICE OR GO TO THE EMERGENCY ROOM IMMEDIATELY IF YOU HAVE:

- Any vision problems/changes
- Fever over 101.4
- Neck Stiffness
- Heavy or prolonged bright red bleeding from the nose
- **For Immediate Assistance call:**
  - Regular Hours - 984.974.3409 (Triage Nurse)
  - After Hours - 984.974.1000 (Ask for the Ear, Nose & Throat - ENT - doctor on call)
- **To leave a voicemail for your surgeon's nurse call:**
  - Dr. William Shockley - 984.974.3520 (Elaine)
  - Dr. Madison Clark - 984.974.3633 (Amber)