

Open/Closed Nasal Reduction

WEEK 1

DO:

- Keep nasal cast as dry as possible. Notify the clinic if the cast comes off. You can take a shower the day after your procedure. Prevent the nasal splint from getting wet by taping plastic wrap across forehead making a curtain to protect the splint.
- Sleep on your back with the head of the bed **elevated** 30-45 degrees. Sleeping alone is recommended for 2 weeks.
- Continue **ice compresses** to your eyes and cheeks as much as possible for 3 days following. (After the first night they do not have to be continued during sleep)
- Maintain sitting or standing position as much as possible to reduce swelling.
- Remember to rest when you tire.
- Wear mustache dressing as much as needed to catch any drainage. Do apply lipstick with lip brush only.
- Brush upper teeth with finger and washcloth. Do open mouth if sneezing occurs.
- Use humidifier if your nose starts feeling excessively dry.

DO NOT:

- Bend over or lift heavy objects. Do not bump or hit nose.
- Tweeze brows for 1 week.
- Use salon hair dryer for 1 week; however, **it is okay to use hand-held hair dryer**
- Sniff or forcefully breathe through nose.
- Put anything in your nose unless specifically directed to do so. Do not wipe nose with Kleenex or handkerchief, use the drip pad.
- Blow nose for 10 days, then blow both sides at the same time only. Do not grin or smile excessively.
- Eat chewy foods for 1 week.
- Engage in any exercise for 2 weeks. No diving or skiing or contact sports for 6 weeks.
- Use nasal sprays unless nosebleed occurs – only then use Afrin.

WEEK 2

DO:

- Wash nose with mild soap (Ivory or Neutrogena) and cotton ball.

DO NOT:

- Wear **glasses** directly on the nose. This could permanently disfigure nose. Suspend glasses with tape or cheek pads for at least **6 weeks**.

REPORT TO THE CLINIC ANY:

- Temperature elevation over 101°F.
- Redness or swelling at the surgical site.
- Excessive bleeding or discharge.
- Development of any drug reaction.
- Worsening nausea or vomiting

REMEMBER:

- Your nose will retain some swelling for several months. The final result may not be apparent for a year or more, so be patient.
- Arnica Montana helps reduce bruising and Bromelain reduces inflammation after surgery. Both are over the counter supplements that can be found in your local drug store or on Amazon.

Your post-op appointments are on: _____

If you have any questions, please call the office @ 973-394-1815.