

Dr James Deves

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Ear, Nose and Throat Specialist
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RHINO SEPTOPLASTY

Rhinoplasty is a procedure which reshapes the outside of the nose for cosmetic and medical reasons. Septoplasty straightens the septum; the cartilage inside the nose that divides the right and left nostrils.

POST OPERATIVE CARE

When you wake up from the operation your nose will be blocked with nasal packs and a nasal bolster (special dressing to absorb blood) will be resting under your nostrils. You will have plaster over the outside of your nose. You will stay in hospital overnight and the packs will be removed from inside your nose by the nurses the following morning. When these packs are removed a small amount of blood will begin to run out of your nose, this is normal and should settle in 10-15 minutes. The plaster will remain in place until your post op visit at the rooms with Dr Deves (normally 7-10 days).

You will be prescribed antibiotics, pain relief, saline nasal spray and cortisone cream to use after your operation. The saline spray should be used at least 3 times a day up each nostril. This will help to keep the nostrils clear and minimize crusting. The cream should also be used 3 times a day. This will help reduce swelling inside the nose. This is applied by squeezing a small amount onto the tip of your finger and wiping it onto the bottom of each nostril. This is then gently massaged into the nose by gently squeezing the nostrils together after septoplasty surgery. Having had a rhinoplasty as well, this will obviously be difficult with the plaster on your nose, so try to apply the cream as best as you are able. Use of an icepack may help with pain and swelling being careful not to wet the plaster. It is also recommended that you sleep on your back to prevent 'bumping' or displacement of your nose while sleeping.

Some bleeding may occur for the first few days, but usually settles down. Your face may look and feel puffy, and you may get bruising around the eyes as well. Your nose may ache and feel blocked. These symptoms will improve as the swelling goes down. They may worsen over the first 2-3 days and then should start to reduce. Subtle swelling may remain for up to 3 months as healing is a gradual process and different for everyone. You may also experience some numbness on your head with sensation returning gradually as healing progresses.

If you experience excessive pain, discharge, bleeding from the ear, or any other symptoms that concern you, please contact the rooms during business hours (02 4324 5677). After hours, please contact the hospital where you had your surgery (NGPH 02 4324 7111 or BVPH 02 4389 1970) and talk with the staff as they can contact Dr. Deves if there are any problems.

We wish you a speedy recovery.