

Open Septorhinoplasty Post-Operative Instructions

An open septorhinoplasty (OSR) is performed to correct not only the deviated septum and to improve airflow, but also to improve the appearance of the nose.

Incision/Wound Care:

- A stent is placed on each side of the nose to hold the septum in place. The stent has a hole in the middle to help you breathe. The stents are stitched together through the nose.
- You will have a plaster cast on your nose, which will be removed 1 week after surgery. Avoid getting this wet.
- Gently clean your nostrils with a cotton swab and hydrogen peroxide twice daily.
- Apply ointment to your sutures three times daily.
- Your nose will have bloody discharge; you will need to change the gauze 4-5 times per day for the first 3 days, then it should stop.
- Apply ice pack over the wound for the first 48 hours because it will significantly reduce your post-operative swelling. Use ice packs as often as every 20 minutes.

What to expect after surgery:

- You CANNOT BLOW YOUR NOSE
- The first week after surgery you will feel worse, as though you can't breathe through your nose. After the stents are removed, this improves.
- Sneeze with your mouth open
- No lifting over 5 lbs for 2 weeks
- You may have black and blue eyes extending to your chin
- Eat slowly: small bites of food
- Use a humidifier to avoid dryness
- Drink plenty of fluids
- You may be given saline nasal spray to use as well
- DO NOT REMOVE THE PACKING
- Sleep with your head elevated
- Jogging and light noncontact sports can resume 4 weeks after surgery
- Strenuous, contact sports should NOT resume until at least 6 weeks after surgery
- Take antibiotics and pain medication as prescribed
- Avoid medications with aspirin-containing components such as ibuprofen, Motrin, Aleve, Advil

Possible risks:

- No improvement in airflow
- Infection
- Bleeding

Call the ENT clinic or Case Manager should you develop any of the following:

- Drainage that persists
- Increased Swelling
- Increased pain
- Fever of 101° or higher

