How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

What to do if you have a nosebleed
Use first aid measures and if after 15 minutes the bleeding has not slowed or stopped, attend your local Accident and Emergency Dept.

Other information
If you are going to sneeze, try to keep your mouth open in order to reduce the risk of the scabs from being dislodged. You may be prescribed some nasal spray or nose drops to use; please follow the instructions given relating to when and how to use them.
If the pain relief that you have been advised to take does not keep you comfortable, please see your GP who can review them.

If you require a translation or an alternative format of this leaflet please call ENT on 01494 425426
www.buckshealthcare.nhs.uk
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Introduction
You have just undergone a Rhinoplasty or Septo-rhinoplasty. This leaflet contains some information and instructions which you should follow to aid your recovery.

General advice
After surgery under a general anaesthetic, it is not advisable to drive, make important decisions or operate machinery for 48 hours, because you may feel tired, sleepy and disoriented during this time.
Please avoid smoky environments and smoking as it will make your nose sore, cause infection, and may make your nose bleed.
Also try and stay away from people who may have colds, coughs or other infections so you do not catch it.

How long will I be off work for?
10 days is usually sufficient for most circumstances. If you require a medical certificate for work remember to tell the nurses and ENT doctor when you are admitted.

How long will I need to rest for after the operation?
5-7 days is usually sufficient in most situations. Then gradually increase your activity so that you are back to doing your normal everyday activities at about 2 weeks.
If you do any sporting activities please check with the ENT team, as the time off varies depending on the activity.

Is there anything that I should not eat or drink?
For the first 10 days allow cooked food and hot drinks to cool down to a warm temperature before consuming it.
It is advisable to not have any alcohol as this can increase the risk of bleeding.

Will I have a splint on my nose?
Depending on the surgery performed you may have a temporary splint on the outside of your nose. If you do, it will be removed about 1 week after your operation at an outpatient appointment (OPA) which will be sent to you. Should the splint come off before the 1 week OPA do not try and replace it on your nose. You still need to attend the OPA.

Can I wash my face and have a shower or bath?
You can, so long as the nose area is kept dry.
Wash your face carefully with warm water making sure no water gets under the splint. If it does, the splint may become loose and fall off.
When having a shower make sure the water is warm rather hot; it is aimed at your shoulder level and not on the top of your head to stop the splint from becoming loose.
Do not try and clean inside your nostrils.

What should I expect and do after the operation?
You may have some blood-stained watery discharge from your nose during the first week, and it will feel blocked as though you have a bad cold for a couple of weeks. During this time you may also get headaches. This is normal.
When your nose runs, just dab or wipe it gently with a tissue; and avoid blowing it hard. This will help prevent the scabs from being dislodged before healing has occurred and reduce the risk of bleeding.
Any bruising or swelling around your eyes and nose will usually settle within 2 weeks.
The stitches inside your nose will dissolve and fall out by themselves.
It may take up to 3-4 months for your nose to settle down and for you to breathe easily through it.
The nose may feel stiff and a bit numb for up to 3 months especially around the tip.