

**Discharge Advice after Septorhinoplasty**

1. Ensure you have someone to take you home and stay with you for at least the first 24 hours.
2. You will need to take medication for pain on a regular basis for at least a week after surgery and this can continue up to 2 weeks depending on your level of discomfort.
3. Pain medication is most effective if you take it at regular intervals (as recommended for that medication).
4. It often helps to write down when you have taken the pain medication to help you remember, especially if you have other medication to remember as well.
5. Paracetamol and Ibuprofen are the usual pain medication advised.
6. Apply Naseptin ointment sparingly to each nostril base and across the base of the columella to cover the stitches, as directed by cleft team.
7. Use saline drops several times a day down each nostril to help keep them clear.
8. Apply Vaseline to any stitches on the lip as directed by the Cleft Team.
9. Keep the Elastoplast and plaster across the nose clean and dry. You may wash your hair carefully by leaning backwards.
10. Your nose may feel blocked for up to 2 weeks. Do not blow your nose or sneeze (to avoid sneezing, place your tongue in the roof of your mouth and suck hard) for first few days. Gently wipe or dab any discharge with a tissue.
11. If you have some packing in your nose, it will usually be removed the next morning, prior to discharge.
12. It is important to clean your teeth twice a day.
13. The swelling sometimes gets worse for the first 2 or 3 days after surgery before it starts to subside.
14. You should try to sleep propped up with 2 or 3 pillows and sit up during the day, rather than lying flat for 2 weeks. This helps the swelling from the operation to reduce more quickly.
15. Do not undertake demanding physical exercise or heavy lifting or have hot bath to reduce risk of swelling and bleeding.
16. In the first 2 weeks avoid people with coughs/colds to try to minimise you developing an infection.
17. We advise you to take 2 weeks off work while your wound is healing.
18. Removal of the plaster over nose and the columella sutures takes place at one week after surgery, usually at the hospital. Your surgeon may advise you to wear a dorsal splint at night for 1 more week.

**Other instructions:**

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**Form completed by: ……………………….. Date: ………………**

An outpatient’s appointment for you to be seen in the Cleft Clinic, at 6 to 8 weeks post-surgery, will be sent to you in the post.

Contact telephone numbers to use if you are worried are below-

Lead Clinical Nurse Specialist Nichola Hudson 07717805724

Clinical Nurse Specialist Maureen Warren 07717805721

Main Switchboard (The ward and its extension number will be on your admission paper work 01722 336262