



Nasal Reconstruction and Cheiloplasty

After surgery, you will have packing in your nose, a splint over your nose and stitches. You will also have stitches above your lip if you have had work done to the lip.

Packing

You will have an appointment to see the nurse in three days to have your packing removed. Please take pain medicine prior to this appointment. Although it is not a painful procedure, it is awkward and uncomfortable for a few minutes. Once the packing is removed, some patients will be required to wear a stent. This is worn all the time for several months. It is taken out daily and cleaned with a cotton swab and water. The stent helps to keep the nasal passage open, while the nose heals. It is very important to wear the stent as directed by your Physician. Bacitracin can be used to lubricate the stent to make it easier to insert. After a few days, the stent will be easy to put in and take out.

Nasal Splint

The nasal splint is used to keep the nose straight and in place while it heals. It is extremely important that you do not move, remove or alter the splint. One week after surgery, you will come back to have the splint over your nose changed. At that time, we will look at your nose to ensure that everything is healing appropriately. In most cases, we will replace the splint for another week. The splint is then removed after two weeks. Once the splint is removed you will need to wear tape across the bridge of your nose for several weeks. This helps with swelling and serves to protect the nose and its shape. Again it is very important that the tape is worn as directed by the doctor

Stitches

You will have dissolving stitches inside the nose. These will come out on their own. Depending on the procedure performed, you may have stitches outside the nose or around the lip area. It is important to clean the area with a cotton swab with ½ strength hydrogen peroxide and water, to keep it free of scabs and crusting. This will help the incision line heal. The nurse will remove non-absorbable stitches in 5-7 days. Once the stitches are removed, you will need to wear tape across the incision all day for several weeks. Two weeks after surgery you will need to start massaging the scar above the lip 3-5 times a day for 5-10 minutes for at least three months. This will help keep a knot from forming underneath the skin and help prevent the scar from pulling the lip up. If Dermabond (skin glue) is on the incision instead of stitches, you do not need to clean this area. Keep all ointments and lotions off. The glue will begin to dry and flake off the area approximately 7-10 days after surgery, do your best not to pick at this area and let the glue run its own course. Once the glue has completely flaked off, you may begin tape and massage of the scar as instructed above.

General

- Infants will wear arm restraints and be cup or syringe fed for three weeks.
- No sun exposure to lip and/or nose. Use SPF of 45 or greater.
- No contact sports or vigorous activity for three months.
- No swimming under water for 3-4 weeks.