



Nasal Reconstruction

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, most patients will be required to wear a stint. This is worn all the time for several months. It is taken out daily and cleaned with a cotton swab and water. The stint helps to keep the nasal passage open, while the nose heals. It is very important to wear the stint as directed by your Physician. Bacitracin can be used to lubricate the stint to make it easier to insert. After a few days, the stint 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 by the doctor. At that time he will look at your nose to ensure that everything is healing appropriately. In most cases, he 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. Five days after surgery you will need to use nasal saline spray (we recommend Ocean Ayr spray). Spray the mist in the nose and allow it to drain out. **DO NOT BLOW.** This will help clean out the nose.

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 15 or greater.
- No contact sports or vigorous activity for three months.
- No swimming under water for 3-4 weeks.