



## Caring for your child at home after a **Septorhinoplasty** **Plastic Surgery**

*A septorhinoplasty is an operation to improve the appearance of your nose (rhinoplasty) and to improve how you breathe through your nose (septoplasty). It involves operating on the bones and cartilage that give your nose its shape and structure and making your septum straight. This following information will help ensure your child has a safe recovery after leaving the hospital.*

### **Caring for your surgical site**

- A “mustache” dressing will be in place. This dressing is a folded gauze under the nose and held in place by tape. A member of the medical team will show you how to change this dressing.
- Most patients require “moustache” dressing changes following nasal surgery. Change “moustache” dressing when soiled, and/or as needed. The drainage from the nose and the frequency of dressing changes will gradually diminish over the days.

### **Pain Management**

You will be uncomfortable during the first few days following your surgery. This is normal. It is very important that you are resting and giving your body time to heal.

- The next dose of pain medication
  - \_\_\_\_\_ can be given at \_\_\_\_\_ every \_\_\_\_\_ hours.
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### **When will life go back to normal?**

- Activity: Quiet activities today with close supervision. No blowing your nose. No lifting heavy weights for 3 weeks.
- Bathing/Shower: Can have a bath/shower as of tomorrow, attempting not to submerge face in water until 1<sup>st</sup> follow up. Can immerse in water 3 weeks post-surgery.
- Diet: Give water, apple juice, Popsicle, flat ginger ale or Jell-O for one to two hours. If tolerated, proceed with soft diet such as soup, yogurt, ice cream and cereals. Tomorrow your child may be given a normal diet unless specified by the surgeon.
- School: May go back to school in \_\_\_\_\_ week (s).
- Gym/sports: May start gym/sports in \_\_\_\_\_ week (s). No contact/team sports for 4 weeks.
- Should urinate (pee) by \_\_\_\_\_, if not please return to the emergency department.

### **When to call the doctor?**

- Pain that does not lessen even after giving your child the prescribed medications.
- A fever of 38.5°C (101°F) or higher.
- Increased redness and swelling.
- Increasing drainage or bleeding through the dressing.

If you are concerned, please call the Montreal Children's Hospital at (514) 412-4400 ext: 53333 and ask for the physician on call for plastic surgery or come to the Emergency room of the hospital.

### **Follow-up**

- The next appointment will be in \_\_\_\_\_ with Dr. \_\_\_\_\_.

**Disclaimer:** The information provided in this brochure is intended for educational purposes. It is not intended to replace the advice or instructions of a healthcare professional, nor is it intended to be a substitute for medical care. Contact a qualified healthcare professional if you have any questions regarding the care.