



MOBLEY MD

Facial Plastic Surgery
Skin Care & Aesthetics

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Post Op Instructions Following Functional Nasal Surgery

Caring for your Stitches

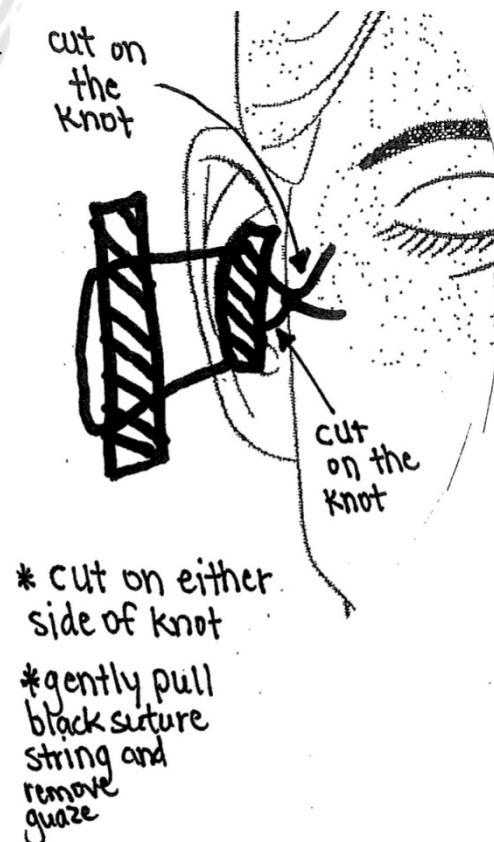
- All the stitches placed on the outside of the nose will dissolve. Clean then 2-4 times per day with hydrogen peroxide, then apply small “smear” of antibiotic ointment and they will naturally begin to dissolve and fall out.

Removing your Nasal Cast

- The nasal cast needs to be left on for 3-7 days. Dr. Mobley or his staff will tell you on which day it is OK to remove this cast.
- To remove the cast, get in the shower and allow the water to hit your forehead and run down your face. The goal is to have water trickling down your face, down over the nose and drenching the nasal cast with water.
- The nasal cast needs to be so wet from the trickling down water that it simply “falls off” your nose. It is very important the cast falls off the nose. Do not “peel” the cast off of the nose
- If you get the cast wet enough, it will just easily come away from your nose.

Removing your Ear Gauze

- The ear gauze can be removed the 4th day after surgery.
- Look at this image:
- You need to cut black stitch on either side of the knot
- The knot will now be removed
- The piece of gauze in the front of the ear can now be gently pulled out of the front of the ear
- The piece of gauze behind the ear can also now be pulled away from the ear
- As the back gauze is pulled away, the black stitch will “come along” with it.
- There are dissolvable stitches on the back of the ear which should be kept moist with bacitracin ointment until 8-10 days from surgery



Preparations for Nasal Splint Removal

Preparation for Nasal Splint Removal: (4 days prior to nasal splint appointment)

- There are special nasal splints that are placed in patients that have had a certain type of septum surgery. The splints are placed to help support the new straightened septum. Dr. Mobley likes them to remain in place for 2-3 weeks post surgery.
- In preparation for the splints to be removed, we asked that you do the following so that this is a smooth process. Please see instructions below:
- Starting 4 day prior to your nasal splint removal appointment begin the following process:
 - Spray each nasal passage with 2-3 sprays of Afrin and wait 15 minutes
 - Then get into a hot steamy shower (15 minutes after the Afrin spraying)
 - Bring a bottle of nasal saline spray with you into the steamy shower with you.
 - Spray each left and right nasal passage 5-10 times with the saline spray. This spraying, along with the steam, will help to loosen "debris" that has built up inside the nose.
 - While spraying the saline, give your nose several brisk blows to "dislodge" debris that has accumulated in your nasal passages.
- Please repeat the above process at least 4 times before your appointment to have your splints removed by Dr. Mobley. This repeated process will be of significant help to make the splint removal process go smoothly in the office.

If you have any questions, always feel free to call our office at anytime.