



FOREHEAD FLAP OR CHEEK TO NOSE FOR NASAL RECONSTRUCTION WITH EAR OR NASAL CARTILAGE GRAFT

Diet: Soft diet for two days.

Activity: No lifting greater than 15 lbs week 1 or 50 lbs week 2. Avoid any straining and push/pull exercises or work such as vacuuming, mowing or shoveling. These activities have the greatest risk of causing a post-operative bleed that needs attention. Sleep on your back if possible and sleep on two pillows for two weeks to help with swelling.

Bleeding: Bleeding from the corners or sides of the nasal flap connecting to the cheek to the nose is normal. We usually recommend placing a gauze under or tucking it around the sides of the forehead flap to keep blood coming from the eyes. If a nasal cartilage graft was used the nose will drain blood also. Use a nasal mustache dressing and change for saturation. If you are changing more than 3 mustache dressings in one half hour fully saturated that is the upper limit of normal. Any profuse or aggressive bleeding or bleeding down the throat that causes vomiting, needs a phone call to covering physician.

Personal Care: OK to take a bath or shower one day after surgery. If you have a yellow dressing covering the connecting bridge of tissue or in the ear, from a donor graft, then hold a plastic sandwich bag over these areas to keep them dry in the shower. If a nasal septal cartilage graft was used, get Ocean nasal spray and start 1-2 sprays in each nostril twice daily. You can start the day after surgery. Use this even if it doesn't go very far into the nose. It will keep the internal sponges soft. I will tell you if and when it is OK to irrigate with saline nasal rinse. If you have a nasal flap with the edge of the nose involved, be careful not to push the end of the nasal saline deep into the nose to disrupt or injure the suture line.

Wound Care: All incisions should be cleaned with peroxide and followed by antibiotic ointment or Aquaphor for the first week. Any part of the reconstruction covered with a yellow dressing gets covered with the antibiotic ointment or Aquaphor only and you should not put peroxide on this area.

Pain control: You will usually be prescribed a pain medicine. You can also use Tylenol but not at the same time because most prescribed medicines have Acetaminophen in them so you must be cognizant of the amount and limits over 24 period. You CANNOT take Motrin, Advil, Aleve, Ibuprofen, Naproxen, Naprosyn, Gingko, Ginseng, Garlic pills, high dose vitamin E, Fish oil, Glucosamine or Aspirin in any form. If you require any of these medicines to prevent a life or organ threatening condition, you will be given a specific plan. Narcotic pain medicine can be addictive. You will most likely not receive another prescription. You will be guided to use non-narcotic medicines after the first prescription.

Contacting us: The office and answering service numbers are the same at (248) 334-9490. If you have a true medical or surgical emergency and we don't reach you within 10 minutes, start heading to Trinity Oakland if you are close enough and someone can drive you. If you are not close enough or someone cannot drive you, call 911 and you will be taken to the nearest emergency room. In this situation, we may not be able to see you but we can facilitate your care.