**Contacting our office**

Our highest priority is for every patient to be able to access our department when they have a question about their care. Please use the following guidelines to contact our office if you have questions about your care:

1. To **schedule an appointment**, please call 202-444-8751 and press option #2
2. Refer to FAQs to see if your question is addressed in our list
3. **Patient Portal**-**This is the best method to get a response within the same day**. Our nurse practitioners will monitor patient messages throughout the day and respond by the end of the workday. Please refer to the last page of your discharge instructions on how to set up the patient portal.
4. **Contacting office**-Call 202-444-7073 to speak to front desk.
5. **After hours care**- For any urgent after hours needs, call 202-444-7243 and ask for the Plastic Surgery Resident on call.
6. To obtain **test results or get a copy of your medical record**, please call 202-444-8751 and press option #3
7. To inquire about **billing or a referral**, please call 202-444-8751 and press option #4
8. To find **directions** to Georgetown Hospital, please call 202-444-8751 and press option #5

**Dr. Baker – Post Operative Information Rhinoplasty/Septoplasty**

**Follow up appointments:**

Please make follow up appointments both 1 and 2 weeks after surgery. Sutures will be removed after 1 week.

**Wound/Incision Care:**

You may shower 24 hours after surgery unless otherwise directed. In the meantime, please sponge bathe as it is important to maintain good hygiene. All dressing should be left in place, unless otherwise directed, as they will be removed at your first post-op appointment. It is normal to have drainage from your nose which may be tinged with blood. Usually the drainage decreases significantly after 36 hours and becomes clearer. You can keep your nostrils clean and free of drainage using Q-tips dipped in hydrogen peroxide, but only reach inside the nose as far as the cotton end of the Q-tip.

**Packing and splint care:**

Nasal packing is used infrequently, but if it is placed, it will be removed in the office at a post-op visit. Nasal splints or Steri-strips are to be left in place on the nose and will also be removed in the office after the 1st or 2nd week depending on the case.

**Swelling:**

Depending on the specific nasal surgery you had done, you may have been given a medication for swelling called a Medrol dose pack. The directions for this medication are printed directly on the foil pack and should be followed exactly as printed. The medication should not be stopped abruptly. You should expect to have more swelling and bruising the morning following surgery as swelling will peak 24-48 hours after the procedure. If you can comfortably sleep propped up on pillows this may help to reduce the swelling. If you wear glasses, you may tape them to your forehead with a small loop of tape passed over the nose piece. Do not allow them to rest directly on the nose for the first 10 days after surgery. Once you begin to wear them again, they may require an adjustment since the shape of your nose may have changed. When you first begin to wear your glasses, you may notice indentations where they touch your nose. These indentations are not harmful and they will decrease as the swelling of your nose decreases. Almost all of the noticeable swelling should be gone 2-3 weeks after surgery but the thicker areas such as the nasal tip will continue to improve in definition for several months.

Remember that the degree of swelling may be different on each side of the nose even if the same procedure was performed. Don’t worry about these differences for the first 3 weeks after surgery. Improvement in air flow through the nose may not be noticeable until the swelling decreases 2-3 weeks after surgery. The tip of your nose will be quite numb for the first several weeks after surgery. This is normal and as the skin nerves regenerate your sensation should return. Normal sensation could take several months.

**Medications:**

You have been prescribed a narcotic pain medication. Narcotic pain medications can cause constipation. You may find it helpful to take an over the counter stool softener while you are taking the pain medication. It is not unusual to have nausea after surgery. You have been prescribed Zofran that can be taken for the nausea. You received IV antibiotics during surgery. You may have also been sent home with a prescription for an antibiotic. If you were given an antibiotic prescription, it is important to complete the entire course. You may have also given a medication for swelling called a Medrol dose pack. The directions for this medication are printed directly on the foil pack. Try to avoid nasal sprays such as Afrin or other types of antihistamine nasal sprays.

**Diet:**

Diet restrictions will be specified prior to leaving the hospital as certain procedures necessitate you maintain a soft or liquid diet for a period of time after surgery. Your throat may be sore following general anesthesia. You may try over the counter throat lozenges. No alcoholic beverages while taking pain medication. We recommend a high fiber diet and lots of liquids while taking pain medication in order to prevent constipation. You may also want to take an over the counter stool softener such as Pericolace while taking pain medication.

**Activity:**

You will be drowsy after your surgery but this should begin to wear off overnight and into the next day. It is important to begin to resume normal light activity as tolerated. Your energy will return more quickly if you begin to resume normal activity the day after surgery. You should do no heavy lifting (greater than 10 pounds) and no strenuous (activity that raises your blood pressure) activity for 2-4 weeks. Facial surgery patients should avoid contact sports for 6 weeks after surgery. During this time, strong blowing of the nose could disrupt the contoured nasal bone and septum as well as cause significant bleeding. We will specify permissible activity levels as you proceed through your post-operative course. You should not drive while taking pain medication. If your nose begins to bleed at any time, try to relax and lie down with your head slightly elevated. Use a moist washcloth and apply gentle pressure to the nostril area for 15-20 minutes. If this does not work, call the office if it is during normal business hours. If it is after hours and you can’t get your nose to stop bleeding you should go to the Emergency Room.

**Reasons to Call:**

Temperature of 101.5 or above

Excessive drainage and/or bleeding

Increased redness

Increased swelling or abnormal swelling of one side compared to the other

Pain that is not tolerable after taking pain medication

Inability to urinate within 6 hours of leaving the hospital

**myMedStar Patient Portal**

**myMedStar** is a free, secure and convenient way to manage your health care and communicate with your physician.

**With myMedStar you can:**
● Request and view upcoming appointments
● View most lab, radiology and pathology results as soon as they are available
● Renew prescriptions
● Exchange secure email messages with any of your MedStar Health care providers
● View summaries of your hospital or office visits
● And more

**How to Enroll:**

**Self-enrollment**
1. Go to *myMedstar.org*
2. Click **Enroll Now**
3. Follow the instructions to enroll. You will need:

● First and last name
● Date of birth
● Email address or this **PatientID - Your unique patient ID appears on page one of your discharge paperwork**

**Email Invitation:**

If you provided an email address during registration you should have received an invitation to enroll in the myMedStar patient portal.

● From within the invitation, click the link to accept the invitation.
● After successful verification, you will be prompted to create your account. Follow the onscreen instructions to complete the enrollment process.

MedStar Health is dedicated to helping improve your overall health care experience by providing convenient, streamlined resources to help you better manage your health. We now offer the ability for you to securely connect some of the health management apps you may use(i.e. fitness trackers, dietary trackers, etc.) to your health record. Email us at mymedstar@medstar.net if you are interested. Once we receive your request, MedStar Health will work with the appropriate vendors to determine if they meet the technical requirements in order to establish a secure connection.

If you have questions or need assistance creating your account, please contact myMedStar support toll free at 1-877-745-5656, 24 hours a day, 7 days a week.