

Nasal Reconstruction Aftercare Advice

If a forehead flap is used to reconstruct the nasal defect, you would get admitted overnight.

The wound tends to ooze for the first few days and this is most troublesome on the first night when you are not fully recovered from the operation to be able to attend to your wounds; hence the overnight admission.

It is important to gently remove the bloody discharge by dabbing the area with a damp clean gauze or cloth.

Please do not pull on the cheek, upper lip or the forehead as the wound might come apart. Only dab the area to clean.

To prevent the ooze from drying and forming a crust on the wound, please apply small amount of the ointment that you have been provided with. You can apply the ointment similar to using the toothpaste or you can put the ointment on your clean finger to apply. If you keep the ointment tube in your hand for a while, it will get to the body temperature and it will be applied with ease.

Initially you may need to apply the ointment several times a day but as days pass, the amount of ooze reduces and so does the need to put ointment on the wound.

Aim to put the ointment on the wounds where stitches are present or where the wound is gaping.

At times, the wound on the forehead cannot be closed fully and you will have a gap on the forehead. Make sure ointment is applied onto this area too. Please do not apply excessive amount of ointment on the forehead as it can run down into the eyes when it melts.

In most cases, you will be fit to go home the next day with a supply of oral antibiotics and a few tubes of antibiotic ointment. On average, you are discharged home with 4 large tubes of ointment which will suffice until you are reviewed in the clinic within approximately a week.

If you run out of the ointment, you can ask your GP to prescribe more. Alternatively, simple Vaseline application after a week of topical antibiotic ointment would do the job.

If you wear glasses, you will notice that the flap from the forehead will not allow the glasses to sit on the nose. Contact lenses are good temporary alternatives until the flap is divided at the next stage.

You can wash your face and hair the next day as long as there is no pulling on the wound and the water does not enter the wound (you may need to wash your hair backwards similar to the hair wash at the hair salons).

