

### **Nasal Douching after Septal Surgery and Rhinoplasty**

It is often advisable to rinse your nose after septoplasty, septorhinoplasty or rhinoplasty.

The aim is to clean the nasal cavity and remove the debris and blood clots without the need to blow the nose.

Blowing the nose after these operations is not recommended as it can make the nose bleed. Also, it is often difficult to blow the nose due to the internal nasal swelling caused by surgery. Therefore, the best way to clean the inside of the nose is to rinse it with salt water.

In septoplasty, septorhinoplasty or rhinoplasty, it is important that no pressure is exerted on to the nose in first few weeks.

In these circumstances, the best method to rinse the nose is to use readymade salt water sprays such as Sterimar.

Please follow these steps:

1. Shake the Sterimar canister.
2. Look down as if you are looking to the floor.
3. Keep the Sterimar nozzle close to your nostril and in line with the floor of the nose (aim the nozzle towards the ear).
4. Make sure the nozzle does not put any pressure on the nasal structures. Do not insert it deep into the nostril as it might put pressure on the septum and move it.
5. Press the button of the Sterimar for a few seconds for the jet of water to enter into the nostril.
6. Repeat the process for the other side
7. If you have undergone open rhinoplasty surgery or have had nostril surgery, you will have stiches at the bottom of your nose. You may wish to rinse the stiches as well at the same time of rinsing your nostrils.
8. If you have undergone a rhinoplasty surgery, you may have a cast on your nose. Please make sure that the external cast does not get wet during the nasal rinsing.

