



CPG: IMPROVING NASAL FORM AND FUNCTION AFTER RHINOPLASTY

ADJUNCTIVE MEASURES TO PAIN MANAGEMENT IN RHINOPLASTY

Adjunctive Measure	Indication	Uses
PERIOPERATIVE STEROIDS	8-12 mg decadron preoperatively with a single additional dose in the next 24 hours	Reduces swelling, nausea, and vomiting May reduce pain May decrease the duration of post-operative ecchymosis
POSTOPERATIVE NASAL IRRIGATION	High volume low pressure nasal saline and fluticasone irrigation postoperatively	Reduces nasal crusting and nasal airway patency; possibly improving patient satisfaction Will require patient instruction and education
ARNICA MONTANA	TID (three times per day)	May reduce the amount of early postoperative swelling, but has no influence on ecchymosis May increase the risk of bleeding
AVOIDING THE PLACEMENT OF PACKING	Reduces postoperative discomfort	Not necessary in patients that are not bleeding Should be used if there is persistent surgical bleeding
INTRA OPERATIVE COLD COMPRESSES	Iced saline gauze packs on the external nose during surgery	Reduces intraoperative bleeding, surgical time, and postoperative edema May increase comfort

SOURCE: Ishii LE, Tollefson TT, Basura GJ, et al. Clinical Practice Guideline: Improving Nasal Form and Function after Rhinoplasty. *Otolaryngol Head Neck Surg.* 2017; 156(2_suppl):s1-s30.