

Nose Taping Instructions

The gentle application of tape to your nose postoperatively will help to reduce swelling quicker, speed healing, and obtain a better and more predictable result. The pressure from the tape "splints" the new nasal structure in place to better control the healing. The pressure from the tape also "presses out" the swelling and tissue edema.

Some patients can tolerate taping very well for long periods, others cannot. Let your nose and your anatomy give you that message. If you cannot tolerate taping, the signs are usually irritation, redness, and bumps from the tape. Stop taping if this is the case or try interrupting the process for several days until the irritation clears, then try again.

Taping can safely be performed once you learn how to do it.

- If you don't mind taping during the day, it is fine to do so, otherwise taping at night only is perfectly fine.
- After six weeks, taping can be discontinued. If you notice some return of swelling, then it is okay to resume taping if you wish.

Instructions:

- Wash your nose with mild soap and water and blot dry. Wait 5-10 minutes.
- Cut three 1½ -2 inch strips of ½ inch **paper tape** (can be purchased at Walgreen's or any local pharmacy).
- Apply the first strip across the top of the nose just behind the tip **(1)**, and press down onto the sides and cheek as you apply the tape. Make sure you push towards your face and not down to the floor.
- Apply the second strip under the tip and press up onto the sides of the nose to support the tip **(2)**. Pinch the edges together at the tip to apply gentle extra pressure and support. You can cut the edges if it covers the nostrils a bit.
- Apply the third strip of tape over the first **(3)**.

Do not hesitate to call with any questions: 305-861-8266

Diagrams:

