NASAL TAPING

Information and Instructions

Application of 3M Micropore Surgical Tape® to the nose after surgery will help to reduce swelling, speed healing and contribute to a better and more predictable shape and postoperative result. Tape application is a very routine postoperative chore in virtually all of my patients. It helps to mold down the skin over the new cartilage and bony foundation. It also helps to squeeze out the edema fluid. It helps to prevent the excess fluid formation that can sometimes lead to scar tissue and deformity.

Different patients tolerate taping differently. Some can do this for many weeks or months, and others for only a few weeks. It depends on your skin and if you have sensitivity to tape or develop rashes. If you cannot tolerate taping the signs are usually irritations, redness, bumps or a rash. If any of these occur then stop taping for several days until the problem clears, then try taping again.

It is best to perform taping as SOON as you can after surgery for as much as you can daily. This is when you will get the maximum benefit. Taping can be performed at any time and as often as you like. I recommend:

1. Begin taping immediately after the splint is removed. Use 3M Micropore Surgical Tape® which Dr. Romano will provide. Apply the tape daily.
2. If you can tape during the day and at work, all the better. If not, then at least use it at night.
3. Continue using the taping at least six weeks.
4. When you remove the tape, if you notice your nose swells, then you should tape longer than the recommended six weeks.

Instructions:

1. Wash your nose with cleanser or soap and blot dry. Wait several minutes.
2. Cut the tape that is 1 inch wide into ½ inch strips and apply as shown in the diagrams below.
3. Diagram 1: apply the first strip just above the tip and press firmly down. Apply the second strip above this.
4. Diagram 2: apply the second strip under the tip, pull it up on both sides and press firmly to elevate the tip and squeeze out the edema.
5. Diagram 3: apply the last strip over the second and press firmly to seal this all down.