Supplementary Online Content


**eAppendix.** Online survey of practice patterns in the perioperative treatment of patients undergoing septorhinoplasty

This supplementary material has been provided by the authors to give readers additional information about their work.
What type of practice do you have?

- Private
- Academic
- Military
- Other

You chose other. How would you describe your practice?

Approximately how many primary or secondary septorhinoplasty procedures have you completed in the last 12 months?

- 0-10
- 11-30
- 31-50
- 51-75
- 76-100
- >100

What kind of material do you routinely use as splints in the nasal cavity after septorhinoplasty?

- Silastic splints (Doyle)
- Silastic sheets
- Other
- I don't use splints.

You chose other. What type of splint do you use in the nasal cavity after septorhinoplasty?
What kind of packing do you routinely use following septorhinoplasty?

- Gauze packing
- Telfa
- Gelfoam
- Other
- I don't use packing.

You chose other. What kind of packing do you routinely use following septorhinoplasty?

If you use a type of nasal packing that must be removed, how long do you prefer for the nasal packs to be in place?

- Hours
- 1 day
- 2-6 days
- 7 days
- > 7 days
- I do not use nasal packs that must be removed.

How do you prefer to splint the nose externally after surgery?

- Plaster cast
- Aluminum splint
- Plastic splint
- Thermoplastic splint
- Other
- I do not use an external splint.

You chose other. How do you prefer to splint the nose externally after surgery?
How long do you prefer to leave the external nasal splint in place?

- 1-2 days
- 3-6 days
- 7 days
- > 7 days
- I do not use an external splint.

What do you recommend to decrease postoperative ecchymosis AND/OR edema? (>1 answer may be selected)

- Ice packs
- Cool gel pads
- Heating pad
- Melilotus (sweet clover)
- Arnica montana
- Oral steroids
- Elevating the head of bed.
- Other
- I don’t use anything to decrease ecchymosis or edema.

You chose other. What do you recommend to decrease postoperative ecchymosis AND/OR edema?

On average, over what time frame do you restrict patient’s ROUTINE daily activity?

- 1-2 days
- 3-6 days
- 7 days
- 8-14 days
- No restrictions

© 2013 American Medical Association. All rights reserved.
On average, over what time frame do you restrict patient's activity before returning to OFFICE WORK?

- 1-2 days
- 3-6 days
- 7 days
- 8-14 days
- > 14 days
- No restrictions

On average, over what timeframe do you restrict patient's activity before returning to MANUAL LABOR?

- 1 week
- 2 weeks
- 3 weeks
- 4 weeks
- 5 weeks
- 6 weeks
- > 6 weeks

On average, over what timeframe do you restrict patient's activity before returning to STRENUOUS physical exercise (weight lifting, jogging, etc.)

- 1 week
- 2 weeks
- 3 weeks
- 4 weeks
- 5 weeks
- 6 weeks
- > 6 weeks
At what point do you allow patients to return to playing CONTACT SPORTS?

- < 2 weeks
- 2 weeks
- 3 weeks
- 4 weeks
- 5 weeks
- 6 weeks
- 7 weeks
- 8 weeks
- > 8 weeks

If permanent sutures are used, on what postoperative day do you remove them following open rhinoplasty?

- Day 4-5
- Day 6-7
- Day 8-10
- Day >10 days
- I do not use permanent suture.
- I do not do open rhinoplasties.

Do you generally recommend external nasal compression exercises in patients who have had osteotomies?

- Yes
- No

How often do you have the patient do external nasal compression exercises?

- 3-6 sessions per day
- 7-11 sessions per day
- 12-20 sessions per day
- Other
You chose other. How many sessions per day do you have the patient perform external nasal compression exercises?

How long do you have the patient perform nasal compression exercises?

☐ < 1 minute per session
☐ 1-5 minutes per session
☐ 5-10 minutes per session
☐ > 10 minutes per session
☐ Other

You chose other, how long do you have the patient perform nasal compression exercises?

During what time period do you have the patient perform external nasal compression exercises?

☐ Weeks 1-2
☐ Weeks 1-3
☐ Weeks 1-4
☐ Weeks 2-4
☐ Weeks 2-6
☐ Other

You chose other. During what time period do you have the patient perform external nasal compression exercises?

Do you recommend use of saline nasal spray, and if so for how long?

☐ Yes, 1 week
☐ Yes, 2 weeks
☐ Yes, 2-4 weeks
☐ Yes, > 4 weeks
☐ I do not recommend nasal saline spray.
When do you recommend the patient start the nasal saline spray?

☐ Immediately
☐ Day 1-3
☐ Day 4-6
☐ Day 7-10
☐ After Day 10

What other restrictions do you include in your postoperative instructions? (More than one answer may be selected)

☐ When to resume wearing eyeglasses
☐ When to resume routine nose blowing
☐ Other
☐ No other restrictions

You chose restrictions in wearing eyeglasses. How soon postoperatively can the patient resume wearing eyeglasses?

☐ Within the first week
☐ 1-2 weeks
☐ 2-3 weeks
☐ 3-4 weeks
☐ 4-5 weeks
☐ 5-6 weeks
☐ >6 weeks

You chose restrictions in nose blowing. How soon postoperatively can the patient resume routine nose blowing?

☐ Within the first week
☐ 1-2 Weeks
☐ 2-3 Weeks
☐ 3-4 weeks
☐ 4-5 weeks
☐ 5-6 weeks
☐ >6 weeks

© 2013 American Medical Association. All rights reserved.
You chose other. What other restrictions do you include in your postoperative instructions?

I recommend resumption of a regular diet at:

- Immediately as tolerated
- Days 1-3
- Days 3-6
- Day 7
- Days 8-14
- After 14 days

What do you prescribe as a preoperative adjunct? (More than one answer may be selected)

- Vitamin K
- Melilotus (sweet clover)
- Arnica montana
- Oral Steroids
- Other
- No preoperative adjunct is prescribed.

You chose other. What do you prescribe as a preoperative adjunct?

What do you recommend for postoperative wound care? (More than one answer may be selected)

- Hydrogen peroxide for crustings
- Saline for crustings
- Antibiotic ointment applied to the incisions
- Other ointment applied to the incisions
- Nasal steroid spray
- Other

You chose other. What other ointment do you recommend for postoperative wound care?

You chose other. What do you recommend for postoperative wound care?