

RHINOPLASTY POST-OPERATIVE INSTRUCTIONS

- Your first postoperative appointment will be made for approximately one week after surgery. This appointment will have been made for you prior to your procedure and the exact time and date given to you ahead of time.
- You **MUST HAVE AN ADULT DRIVE YOU** home from the facility. You will not be allowed to drive yourself or use public transportation.
- After you return home, you **MUST HAVE A RESPONSIBLE ADULT STAY WITH YOU** a minimum of 24 hours. You **CANNOT** be left alone. The 24 hours begin when you are discharged from the surgery center. Have everything ready at home **PRIOR** to surgery. Make arrangements for someone to stay with you. Let the person or persons know you cannot be left alone. This is important because of the danger of falling and you may lose the concept of time for the day and overmedicate yourself.
- The effects of anesthesia can persist for 72 hours. You must exercise extreme caution before engaging in any activity that could be harmful to yourself or others.
- **DRINK** fluids (water is the best) to help rid the body of the medications used in surgery. Use straws as this will be easier and you will tend to drink more fluids the first few days after surgery.
- Diet may be as tolerated. Eating foods that are bland and soft for the first day or so – foods like after you have had the flu – may be best tolerated. You must eat more than crackers and juice; otherwise you will continue to feel weak and will not heal as well. **REMEMBER** to take the medications with a little something to eat or you will get sick to your stomach. Avoid excessive salt intake, as this can cause fluid retention and increase swelling.
- Upon your return home, light activity is permitted, such as walking, riding in a car, or any activity that is **NOT** strenuous.
- **DO NOT REMAIN IN BED ALL DAY.** Get out of bed for all meals. Although it may be uncomfortable, it is **IMPERATIVE** to take short, light walks around the house at least three times daily starting the day you return home. This will help decrease the formation of blood clots in the legs.
- Do not play sports (i.e. tennis, golf, swimming, running, yoga, dance) or perform heavy house/yard work for 6 weeks after surgery.
- Do not lift anything over 10 pounds for 6 weeks after surgery.

- Avoid lifting or carrying small children, groceries, suitcases or anything else over 10 pounds for 6 weeks.
- Avoid vigorous workouts for 6 weeks after surgery.
- Light cardio activity (i.e. walking moderate distances outside, light treadmill/stationary bike) may be resumed 4 weeks after surgery.
- Your greatest pain and discomfort will occur during the first 1 -2 days after surgery. Take your narcotic pain medication routinely during this time, then taper off according to your pain level.
- Do not take acetaminophen products at the same time as your prescription pain medication, as your prescription pain medication has acetaminophen included in it. You MAY, however, start to alternate extra strength Tylenol and your prescription pain medication, as you wean off the prescription pain medication.
- DO NOT take ibuprofen products (i.e. Advil, Aleve, Motrin) for one month after surgery.
- A nasal splint (on the outside of the nose) and a nasal stent (nasal packing inside your nose) will be placed at the time of surgery. The nasal stent has "holes" in it that will allow you to breath; however, you may still be congested from the surgery. These will be removed one week after surgery.
- A small piece of gauze (nasal drip pad) will also be taped under the nostrils. This is to catch the small amount of bleeding that is normal for the first several days after surgery. The nasal drip pad may be changed as often as needed.
- You can expect bruising and swelling in the cheeks and around the eyes. This will decrease dramatically within one week after surgery; however, it may take several weeks or up to a month for the bruising to completely resolve around the eyes. Your nose will be swollen for 6-12 months.
- Ice compresses or a bag of frozen peas or corn may be applied to the eyes to help reduce swelling after your operation. Place a moist cloth or gauze over each eye, then place the cool pack over it. Do not put ice directly on your eyelids. Leave the cool pack on the eyes for 20-30 minutes, and then remove it for 10 minutes. Repeat this for the first 24 hours after surgery as tolerated. Application of compresses after this time does not usually further reduce swelling or discoloration.
- You may shower and wash your hair the day after surgery. This may be difficult, as you CANNOT get your splint wet.

- Any visible incisions may be gently washed with a soap and water washcloth or Q-tip. Scabs should be gently removed with a Q-tip dipped in hydrogen peroxide, since their continued presence may prohibit the formation of fine line scars.
- Do not routinely clean the incisions with hydrogen peroxide, as this will cause irritation. Only use hydrogen peroxide to help remove scabs.
- A very thin layer of Bacitracin antibiotic ointment should be applied to all visible incisions on a daily basis. If irritation or a rash develops, discontinue the ointment and contact the office.
- Do not apply hot or warm compresses to any of the surgical areas.
- Some itching of the healing wounds is expected, but try to avoid scratching the incisions.
- Do not blow your nose for approximately 4 weeks after surgery. Blowing your nose will not alleviate any nasal congestion and may cause additional swelling and bleeding.
- If you must sneeze, open your mouth wide and allow most of the air to be expelled through your mouth.
- Glasses may be worn on top of the nasal splint. Contact lenses may be worn after the splint is removed. Glasses may not rest on the nose for 6 weeks after the nasal splint is removed.
- If your nasal splint should come off unexpectedly, DO NOT PANIC and do not try to re-adhere it to your nose. It will not affect the outcome of your surgery. Leave the underlying tape in place.
- The outside sutures, your nasal stent (“nasal packing”) and nasal splint will all be removed 7 days after surgery.
- Once the internal nasal packing is removed, you will still be quite congested. Do not use spray nasal decongestants for 6 weeks after surgery. Non-medicated, saline sprays may be GENTLY used to help loosen any internal scabs or dried mucous. Remember; DO NOT blow your nose.
- DO NOT insert fingers, Q-tips or any other device inside to nose in an attempt to help clear the nasal passages. This may cause damage and/or bleeding.
- The skin on your nose may be oily and your pores will be clogged. Do not squeeze the pores or blackheads in the skin. We recommend seeing one of

our skin care specialists after your splint is removed in order to help control oil production with skin care treatments, products and astringents.

- Hypoallergenic make-up may be applied to your face after the splint and all sutures have been removed. Mineral based make-up is less irritating and is preferred. Some type of cover-up cream will help if bruises persist under the eyes. You must thoroughly remove all make-up at the end of each day. Using a Clarisonic device is THE BEST way to do this.
- REMEMBER, complete resolution of swelling, particularly in the nasal tip area, will take 6 months to one year.
- You should sleep on your back for at least 2 weeks after surgery. Propping your head up with pillows at night will help decrease swelling. Avoid sleeping of your face.
- Driving is permitted 4 -5 days after surgery if you feel well and are not taking prescription pain medication or sedatives.
- Plan to take approximately 7 – 10 days off of work, if your are employed, as long as you remember, you may still have bruising that may be covered up with make-up for up to one month.
- It may take up to one month for your normal energy level to return.
- DO NOT travel out of town after surgery unless discussed with the office ahead of time.
- Avoid intercourse for two weeks, and then continue to be careful for the next two weeks.
- NO SMOKING for 6 weeks after surgery.
- Drinking alcoholic beverages may be resumed only after you are off all prescription pain medication.
- After surgery, it is important to have a bowel movement within a day or two. If you do not, you may take over-the-counter laxatives to encourage your bowels to move.
- Do not use a hot tub or sauna for 4 weeks.
- You may use a swimming pool after 3 weeks, but no swimming for exercise for 6 weeks.
- Do not sit in the sun for 4 weeks. After that, it is extremely important to place sunscreen, minimum of SPF 30, to all scars when outside for a minimum of one year after surgery. Sun exposure can cause permanent

discoloration of the scars. Sunlight can even reach scars through hats and clothing, so take adequate precautions.

- If you experience any generalized itching, rash, wheezing or tightness in the throat, stop taking all medication and call the office immediately, as this may be a sign of a drug allergy.
- Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent breast skin and is exquisitely tender or if you develop fever and chills. Fevers that are clinically significant are 101.5 or greater.

Patient Signature: _____ Date: _____

Staff Signature: _____ Date: _____