



INSTRUCTIONS AFTER RHINOPLASTY

A nurse will call you between 4 PM and 7 PM the day of your surgery to check on your recovery. If you have any unusual bleeding, severe pain (not responding to pain medication) or any signs of infection, call (617) 786-7600 anytime to reach the doctor.

Activity:

- Immediately after surgery you should rest for the first 48 hours.
- Apply cooling/ice or gel packs for the first 3-4 days while awake.
- Stay in the company of a responsible adult for the first night.
- Commence on a light or liquid diet as tolerated as anesthesia medications can make you feel nauseous. You may want to begin with soft foods, chewing may increase your discomfort.
- To minimize swelling you should keep your head elevated at all times for the first week. Sleep with at least two pillows or in a recliner.
- In some cases there is temporary numbness for weeks to months after surgery due to stretching of the nerve supply.
- Avoid any strenuous activity, heavy lifting or bending over for the first 2 weeks (bend from the knees with head erect). Bending forward could start a nose bleed or increase swelling.
- Refrain from blowing your nose for 10 to 14 days. Gently pat the area dry if necessary.
- Spraying saline mist to the nostrils helps to keep the nasal passage moist. Use mist 4-5 times per day to each side beginning 24 hours after surgery.
- Avoid direct sun exposure. Wear a high grade sun block and a hat or visor to keep the incisions protected from the sun.

Dressing Care:

- The splint will be removed in 5 to 7 days. Avoid getting your face wet in the shower.
- Soak gauze in ice water and apply to upper face and eyes.
- After the splint is removed you may allow the surgical site to get wet briefly while showering then pat gently dry. Do not use a perfumed or medicated shampoo. Wash your face with a mild cleanser.
- Your outside stitches will be removed in 5 to 7 days after surgery. Do not trim the sutures prior to removal.
- You may apply moisturizer to your face but away from your suture line.

Medication:

- You may take Tylenol for mild/moderate discomfort. (Be aware if the pain medication you are taking contains Tylenol. Do not take two items containing Tylenol.)
- Take prescription pain medicine as needed for more severe pain according to the instructions on your prescription.
- Continue to take the supplemental vitamins and arnica that was given to you preoperatively.

Please use the medication prescriptions already given to you:

Pain Medicine _____

Anti-Nausea Medicine _____

Follow-up:

Your 1st post-op visit is _____

If a follow up appointment has not been made for you please call our office during regular business hours (8:30am to 5:00pm) at your earliest convenience.

