

Rhinoplasty Post-Operative Instructions

1. Use the medication prescribed for discomfort as needed. **DO NOT TAKE ANY ASPIRIN OR IBUPROFEN PRODUCTS.** Extra-strength Tylenol is recommended as an effective alternative.
2. Keep your head slightly elevated on at least two pillows, even when sleeping, and apply cold compresses to your eyes to reduce swelling and bruising for three days. Swelling will peak in 3-4 days after surgery. Your nose will feel stuffy because of the swelling inside. You may find a bedside humidifier helpful.
3. Change the gauze dressing beneath the nose as needed. There may be drainage for 1-2 days. Do not rub the nostrils. A small amount of blood-tinged drainage is normal. More vigorous bleeding is not.

Call the office if you experience heavy nasal bleeding (having to change dressing greater than every 15 minutes) or call the hospital in which you had your operation.

4. A low salt diet is important. This will help reduce swelling.
5. To permit proper healing, activities which raise the blood pressure, such as jogging, swimming, or any aerobic activity, even bending and lifting should be restricted during the first two weeks.
6. Avoid "sniffing" and do not blow your nose for 10 days. If you have to sneeze, open your mouth and sneeze through your mouth.
7. You may cleanse the outside of the nostrils with 3% Peroxide on cotton buds. If there are sutures at the base of the nose, cleanse them 4 times a day with Peroxide and apply Ointment to the stitches. You may also gently apply some ointment just inside the nostrils with a cotton bud.
8. Commence use of nasal douche the day after surgery.
9. You may shower and wash your hair the day after surgery.
10. If you have external incisions, avoid sunning the face for 1 month after surgery and wear sunscreen (protection factor 15) for 6 months.
11. Post-operative follow-up appointments are needed for suture and splint removal in 5 – 14 days.
12. For eight weeks after surgery NO glasses or sunglasses to be worn.