



RHINOPLASTY POST-OPERATIVE

CARE GUIDE

MORNING OF SURGERY

- Do not eat or drink anything at all for at least 6 hours prior to surgery.
- Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Wear slip-on shoes.
- Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours.
- Do not smoke.

WHAT CAN I EXPECT AFTER THE SURGERY AND WHAT CAN I DO ABOUT IT?

- You may expect pain for the first few days. Start taking the pain medication prescribed immediately.
- You may expect some bruising and swelling. You may have slightly more swelling in the mornings. Most noticeable swelling and bruising will subside on its own in about 2 weeks.
- You may expect minimal swelling of your nose for several months.
- You may expect some nasal bleeding. A dry gauze can be placed under the nose, which may need changing 5-10 times per day.
- The whole nose will be wrapped in dressing in order to minimize the bleeding & swelling. Breathing through your nose may not be possible, so breathe through your mouth.
- Nasal stuffiness may last for a few weeks. Keep your nose clean with nasal saline spray and cotton buds. Do not try to sneeze or blow your nose!
- Numbness of the tip of nose and upper mouth can occur, which will resolve by itself in a few weeks.
- Loss of the sense of smell and taste can also occur, which will resolve itself in a few weeks.

HOW WILL I TAKE CARE OF MY NOSE AFTER SURGERY?

- Do not drive for a few days after surgery.
- Do not smoke 2 weeks prior & 2 weeks after the surgery.
- Normal diet can be started immediately, but avoid hot drinks for a few days.

- Keep the aluminum splint and dressing dry.
- You may gently clean dried blood from the inside of the nose with a cotton bud and dilute hydrogen peroxide. Follow this with a nasal saline spray (Salinase) and an antibiotic ointment (Polyfax).
- Refrain from blowing your nose or sneezing if possible for 2 weeks.
- Use ice packs around the eyes to reduce the swelling 4-6 times per day.
- Keep head elevated when resting, and sleep with at least 2 pillows.
- Use a humidifier or vaporizer to increase air moisture.
- Use Vaseline or Polyfax around the outside of the nares.
- You may bathe or shower the next day. Remember to keep the nose area dry.
- Do not rest your glasses on the bridge of your nose for 1 month. Either wear contact lenses or use a tape to suspend the glasses from the forehead.
- Do not trim your nose hair for at least 1 month since it can lead to an infection.
- Avoid the sun or use a sunblock for 6 months after surgery.
- Avoid any air travel for 10-14 days after surgery to avoid nasal bleed and blockage.
- Avoid any vigorous exercise or heavy lifting for at least 3 weeks after surgery.

WHEN WILL I RETURN FOR A FOLLOW-UP APPOINTMENT?

You will need to return to the Plastic Surgery Clinic (+92-345-5133153) about 1 week after surgery or discharge. Please make a list of any questions you may have. If you are unable to keep your appointment, it is very important for you to call and reschedule.

- The sutures will be removed approximately 1 week after surgery.
- The plastic splints inside of the nose will be removed approximately 1-3 weeks after surgery.
- The aluminum split will be removed after 2 weeks (if no bone work is done), or after 6 weeks (if bone work is done).

WHEN SHOULD I CALL THE DOCTOR?

Call us immediately if you have any of the following signs or symptoms:

- If you have any extreme swelling or bruising.
- If you have persistent pain not relieved by the medication.
- Oral temperature over 100.5°F.
- Any significant re-injury to the nose.
- Bleeding that has not subsided after 20 minutes of applying gentle pressure to side of nose while sitting in an upright position with head bent forward. (Oozing can be expected.)