



## RHINOPLASTY POST OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your nasal surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

**You will need someone to drive you home and stay with you for the first 24 hours after surgery.**

**You CANNOT have anything to eat or drink after midnight prior to surgery.**

**The morning of surgery you make take your usual daily medications with a sip of water, unless directed otherwise.**

For the first 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 or 3 pillows. Use ice compresses regularly (20 minutes on, 20 minutes off while awake). **Do not bend over.** You will change the dressing frequently for 24 hours. If you have a small incision under your nose use polysporin ointment 3-4 times through the day.

Avoid lifting (greater than 10 lbs), bending, exercise, swimming and flying for **2 weeks** following your procedure.

Your mouth and throat will be dry due to mouth breathing. Use Vaseline on your lips and take regular sips of fluids throughout the day.

For pain and/or discomfort use Acetaminophen 1000mg every 4 hours as needed (to a maximum of 4000mg per day) and Ibuprofen 400mg every 6 hours as needed. Stronger pain medication will be prescribed to you by Dr. Jaggi, only to be used if the Acetaminophen and Ibuprofen are not enough.

Do not blow nose for 2 weeks, wipe or dab gently with Kleenex if needed.

The nasal cast and paper tape under the cast must remain in place for approximately 2 weeks and will be removed in the office along with your sutures. Do NOT disturb the cast. The cast must be kept dry at all times. Avoid prolonged hot, steamy showers as this may cause the cast to loosen.

At this point use salt water rinses, you may obtain a nasal rinse kit from our office or prepare your own. (See recipe below)

Nasal plugging occurs in all cases. It is caused by swelling inside the nose. The swelling starts to go down in a few days. Use a humidifier particularly at night. Try to cough or sneeze with your mouth open.

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Glasses/ Sunglasses may rest on the nasal cast. Once the cast has been removed we will instruct you on the method of taping glasses to your forehead to avoid pressure on the nose. Contact lenses may be worn within 2-3 days after surgery.

Absolutely avoid direct sun or tanning for 6 weeks after surgery. Heat may cause the eyes or face to swell. Wear a hat and sunscreen to reduce chances of sunburn.

Wear clothing that fastens in the front or back for one week. Avoid slipover sweaters, T-shirts, and turtlenecks.

Do not be concerned if following removal of dressing, the face, nose, eyes and upper lip show some swelling and discoloration. This usually clears in 2-3 weeks.

After cosmetic nasal surgery it may require 6 – 12 months for all swelling to completely subside.

**Contact your physician immediately if you develop any of the following:**

- a) Severe pain, uncontrolled by your pain medication.
- b) Fever or chills.
- c) Redness or excessive bleeding from your incision.

**Salt-water solution preparation:**

¼ teaspoon salt

¼ teaspoon baking soda

1 cup of warm distilled water