



POST-OP INSTRUCTIONS – Rhinoplasty

After Surgery:

Ice packs should be applied as soon as the surgery is complete and continued after you return home from your surgery. You should apply ice packs to your eye and cheek area for 48-72 hours after your surgery. You can place ice into gauze pads, or you may substitute bags of frozen peas for ice if this is easier. The ice should be applied for 20 minutes at a time with a 20 minute rest between applications.

Sleep with your head elevated approximately 35 degrees as much as possible. This will usually help with any delayed swelling. You will need to do this at least for the first 5-7 days, until we remove the cast.

The drip pad at the base of your nose may need to be changed as often as 4-6 times per hour for the first 24-36 hours and then the drainage will dramatically decrease. If the pads continue to saturate and the bleeding does not decrease after several hours, this should be considered excessive, and you should call the office at 248-322-3362. If it is after hours, call the answering service at 313-745-0203 and enter 0978#. This will call the physician on call and have them contact you.

We will give you an appointment to remove the splint and tape approximately on day 6-7 after your surgery unless otherwise specified by the doctor. The cast should be kept dry until the day it is removed. The morning of the cast removal, you may get it wet in the shower but do not attempt to remove. After the cast is removed, we will instruct you how to tape your nose for compression.

Cleaning Instructions:

You will need to clean the inside of the nostril and the lower nose with peroxide on a q-tip approximately 3-4 times a day and then lubricate the inside of the nostril with antibiotic ointment prescribed to you. Start this after 24-36 hours or when the bleeding subsides.

You will need to use normal saline spray (found over the counter at the drug store) as much as desired but at least 3-4 times per day. The more the better. This will help irrigate the nose and keep it moist while healing. Again, start this after 24-36 hours or when the bleeding subsides.

Other Information and Recommendations:

You may experience some nasal congestion (similar to a cold) on and off for about 6 weeks after your nasal surgery. This is normal and part of the healing process. Remember, do not blow your nose for about a month. If you need to clear the nose, you may gently sniff and swallow.

Do not wear glasses for approximately 4-6 weeks. If glasses are needed, you may tape them to your forehead rather than allowing them to rest on your nose. This could cause an indentation on the nose. Our staff will instruct you if needed.

Bending over may cause some excess nasal pressure and should be avoided for a few weeks after surgery. If needed bend at the knees. Please avoid all exercise for 4 weeks following surgery and heavy lifting, yoga, pilates for 6 weeks following surgery. At 4 weeks you can resume gentle cardiovascular activity.

Please keep all sun off the nose for 6 weeks.

Flying is not advised for the first 2 weeks after surgery. If a flight is planned please spray your nose with a nasal decongestant such as Afrin 30 minutes prior to your flight. Do not use such nasal decongestants more than 3 days in a row.



Several facts should be understood about rhinoplasty

1. When the dressings are first removed, the nose appears turned up too much due to the effects of the bandage and the swelling of the tissues. Therefore the patient who expects to see a perfectly shaped nose as soon as the dressings are removed will suffer keen disappointment. It is over the ensuing weeks and months that the final results is achieved, usually by 12 months.
2. It is important that the patient's motives for surgical aid are realistic. Plastic surgery is not a panacea or cure-all for all the problems one might have. This requires a mature and educated patient.
3. In like manner, the tissues within the nose are somewhat swollen after surgery; therefore, progressively decreasing amounts of nasal blockage should be expected for a time following the average uncomplicated rhinoplasty.
4. In about 99% of the cases the operation is relatively painless. Most people require pain medication only for the first 2-3 days
5. Noses that have been severely injured (as from boxing, football, or an automobile accident) or those that are markedly crooked or have been operated on before are technically difficult to correct. Our surgeons try to make the necessary correction in one operation and succeed in the vast majority of cases, but sometimes a short additional procedure is necessary. Often these can be done in office. If a return to the operating room is necessary then additional charges (surgeon and or anesthesia/OR) may apply.
6. The thicker the skin, the longer it takes for the nose to return to its final shape. This is especially true for people with large pores, blackheads, active acne, and those with darker skin tones.

The above instructions and information have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature:

Date: