



## RHINOPLASTY

### *Postoperative Instructions*

- Apply cold compresses to the nose and eyes 48 to 72 hours after surgery to minimize bruising and swelling.
- Bloody oozing should stop within 24 to 48 hours. Topical Afrin decongestant spray (neo-synephrine or oxymetazoline) can be used to reduce the bloody oozing, but avoid overuse if possible. The gauze beneath the nose can be changed as needed and may be discontinued when the oozing has stopped. It is not uncommon to have to change this gauze up to 5 times an hour.
- Nasal saline spray should be used every hour while awake.
- Nausea and vomiting are not unusual after surgery. If this persists beyond 24 hours our office should be notified. Occasionally, increasing food intake with pain medications or switching medication is helpful. Suppositories may be ordered.
- **Do not** take any aspirin, ibuprofen, Motrin, Advil or any other products containing aspirin for 10 days before or after surgery. Extra-strength Tylenol or other pain medications prescribed by the doctor may be used instead.
- You should gently clean the outside of the nose and around the nostrils with cotton-tipped applicators dipped in hydrogen peroxide. Then apply Bacitracin or Neosporin ointment to the nostril area 3 to 4 times a day to reduce dryness and crusting.
- Do not blow your nose for 3 weeks. If you have to sneeze, open your mouth.
- Restrict activities. Avoid bending over or lifting heavy objects for 10 days. Sleep with your head elevated 30 degrees for the first week after surgery.
- Hair may be washed the day after surgery, but try to avoid water exposure on the external nasal dressing until the day of your follow-up appointment.
- You will need an appointment 5 to 7 days after surgery to remove the cast and splint. You should shower on the day of your follow-up appointment and get the outer splint wet to make it easier for the doctor to remove.
- If you have any questions or concerns, please do not hesitate to contact our office at (360) 733-0640 or (360) 738-3223.
- Special Instructions: