

POST OPERATIVE INSTRUCTIONS RHINOPLASTY

Patient Name :
Surgical Facility:

DOB:
Surgery Date:

ACTIVITY

- Quiet, restful activity for the first 24 hours following surgery. Walking and sitting are recommended every fre hours while awake.
- You will have to breathe through your mouth.
- Do not swallow blood. It will feel 'crusty' inside your nose. Resist the urge to "pick."
- No sexual activity for 4 weeks after surgery.
- **No heavy exercise, bending, lifting, sun exposure, smoking or sports for 2 to 3 weeks following surgery. Please ask your surgeon first.**

POSITION

- During the day keep your head elevated by sitting or standing when possible.
- When resting or sleeping elevate your head at 45 degrees or more. A reclining chair is optimal.
- You will have some bleeding for the first few days. Keep gauze under your nose with a piece of tape to absorb any discharge.
- Do not lie on your sides for 7 to 10 days after surgery.

ICE PACKS

- OK for comfort and swelling around nose, but DO NOT apply directly on the nose.
- Frozen peas work well but DO NOT apply directly on skin.
- 20 minutes on/ 20 minutes off for 48-72 hours after surgery.

WOUND CARE

- Leave splint in place until your next appointment. It will be removed in approximately one week.
- Keep splint dry.
- Use a washcloth to wash face.
- If you have a visible incision, clean it 2-3 times per day with a Q-tip using 50% hydrogen peroxide/50% tap water.
- Once dry, apply a thin layer of Bacitracin ointment gently with a Q-tip. (Don't let any crusts collect on stitches).
- Change drip pad as needed (the pad under your nose).
- You will swallow some blood which may cause vomiting incidents. (it will be red). There may be some bleeding near the corners of the eyes (this is normal).

DRIVING

- Driving restricted for the first 72 hours following surgery and while taking prescription pain medication.

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SHOWER

- May shower 1 day after surgery (avoid getting face wet while wearing splint) .

TED HOSE

- Wear TED hose (compression stockings) for the first week AND until walking usual daily amount.

Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 100F), or pain not relieved by medication.

***IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY
(949) 720-3888***

Patient Signature

Date

Witness Signature

Date
