

RHINOPLASTY

After Care Instructions

- After surgery elevate your head and shoulders on 2 or more pillows for the first week.
- Avoid straining of any kind for the first 48 hours. When awake in bed please flex your feet and legs 3-4 times every hour.
- Apply surgical cold mask (Swiss Eye Mask) or surgical gauze pad with crushed ice to your eyelids and the exposed areas of your face as much as possible during the first 48 hours after surgery as this will reduce the amount of swelling you have. Do not put pressure on the nasal splint.
- It is normal to have continued swelling for 2-3 days after surgery.
- You may start cleaning along the suture lines located below the tip of your nose with half-strength hydrogen peroxide on a saturated Q-tip. (Use tap water to dilute.) Apply a thin line of antibiotic ointment to these areas after cleaning twice daily for the first 3 days only. You should also clean the inside edges of your nostrils. You may advance the Q-tip into the nose as far as the cotton on the tip, but no farther.
- While your splint is on, wash your hair beauty salon style to avoid getting the splint wet.
- To prevent bleeding, do not sniff or blow your nose for the first 2 weeks after surgery. Try not to sneeze, but if you do, sneeze through your mouth.
- You will probably have bloody nasal discharge for the first 3-4 days after surgery, so change the drip pad under your nose as often as needed. Do not rub or blot your nose, as this will tend to irritate it. You may discard the drip pad and remove the tape on your cheeks once the drainage has stopped. The nasal splint will be removed in 6-10 days after surgery.
- After the splint is removed, do not wear glasses or allow anything else to rest on your nose for 4 weeks. Contacts may be worn as soon as the swelling has decreased enough for them to be inserted. Usually this is 3-5 days after surgery, but may take longer.
- After the splint is removed, the nose can be washed gently with facial cleanser or gentle soap and makeup may be applied. You may begin your usual skin care regimen at this time.
- Avoid hitting your nose for 4 weeks after surgery.