

Rhinoplasty Postoperative Instructions

DURING THE FIRST TWO DAYS:

- Swelling and black and blue discoloration around the eyes are to be expected and may worsen for the first two days; following which there will be gradual resolution.
- A small amount of bleeding from the nose is also to be expected. You may wear a moustache dressing during this period and change it frequently.
- Hemorrhaging from the nose is very rare and usually not serious. Should it occur, try to remain calm, keep your head elevated and apply iced compresses to the side of bleeding. Place gauze or towel under the nostril to absorb the blood.
- You will be uncomfortable, with some degree of pain. Use pain medication prescribed for you as directed.
- Stay in bed with your head at about the level of two pillows.
- You may go to the bathroom at this time with assistance if needed.
- Take only liquids during the first twenty-four hours after surgery and then begin soft foods if you wish.

AFTER THE THIRD DAY:

- Sleep with your head elevated on two pillows.
- Brush teeth gently. (A Water Pik is excellent)
- Do not blow your nose.
- You may eat regular foods. Soft foods may be easier to manage, however.
- After the splint is removed you must not rest your glasses on the nose for six weeks following surgery. Contact lenses can usually be inserted following surgery.

AFTER ONE WEEK:

- Your external nasal splint will be removed. Following that, you may clean just inside each nostril once a day with sterile Q-tips soaked in a solution of 2 hydrogen peroxide and 2 water.
- After the splint is removed, wash the nose gently twice daily with any mild soap. You may also shower, however, be extremely careful to avoid any direct impact on your nose for the next six weeks.
- Hair may be shampooed after the first week.
- You may use cosmetics after the first week.

- Avoid strenuous exercise, and activities e.g., jogging and swimming for approximately for four weeks. Avoid body contact sports such as volley-ball, football, wrestling, etc., for six months.
- Avoid direct sun exposure for three weeks.

NASAL HYGIENE DURING THE POSTOPERATIVE PERIOD:

- You may apply Bacitracin or Neosporin ointment with a sterile Q-tip around the nostrils to avoid chapping and crusting.
- After packing is removed, use Afrin nasal spray twice a day for 4-5 days.
- After using Afrin for 4-5 days, switch to saline washes 7-8 times a day for 2-3 weeks.