

# GLASGOLDGROUP

Surgery Center

## POST RHINOPLASTY INSTRUCTIONS

You are now one week following your nasal surgery. Your splint, dressing and sutures have been removed today. The following instructions apply to the weeks ahead:

- Bactroban ointment applied with a Q-tip just inside the nostril, twice daily, should be continued for the next four days.
- Saline sprays should be continued for the next four weeks; two sprays in each nostril, two to three times per day. This will assist in cleaning out any crusts from the inside of the nose.
- In one week, you may start to gently blow your nose. In two weeks, you can blow your nose as you would have normally done before surgery. It is normal to see small pieces of dissolvable suture material in the tissue when you are blowing your nose.
- Refrain from any strenuous activities during the next two weeks to avoid significantly elevating your heart rate and blood pressure. After three weeks from surgery, you can resume all physical activities and your standard workouts. If you participate in contact sports, ask us if there are any other precautions you should take.
- Medications containing Aspirin or Ibuprofen (i.e., Advil or Motrin) should be avoided for the next two weeks.
- If you wear glasses, for the next two weeks the nasal splint should be placed under the glasses. There is no contraindication to using contacts lenses.
- Your face and nose can get wet when showering. For the next two weeks, do not submerge your head completely underwater, as you would in a pool.
- The nasal skin tends to be more oily for the next few months. A mild astringent can be used to clean. In two weeks you may resume your normal skin care regimen.
- Please take caution with sun exposure following surgery. As the nose is swollen throughout, it is important that we do everything to facilitate reduction of swelling in the healing process. The skin is sensitive and tanning or burning could affect the healing and will likely increase swelling. Although it is crucial during the first three months to be very aggressive with sun block or physical protection, caution should be taken throughout the first year following surgery.
- At this stage of recovery there is still significant swelling affecting the external appearance and causing congestion. Your next follow up is in three to four weeks, by which time you will see significant improvement. Swelling will continue to resolve over the course of the year.

These instructions are to help answer any questions and guide you during the healing process. If there are any questions that you may have that are not addressed on this sheet, or concerns you may have during the healing process, please contact us.