



INSTRUCTIONS

Rhinoplasty

- You will be seen in our office on post-operative days 5 (for suture removal) and 7 (for splint removal). If you have any questions or concerns prior to or in between these appointments, please feel free to call us.
- Place cold compresses over the eyelids (keeping the eyes closed). Do this for 10 minutes at a time (10 min on, 10 min off) for the first 3 days after surgery. You may use cold compresses provided or a clean Ziplock bag filled with crushed ice. **Always use a piece of gauze (provided in the Post-Operative Care Package) between the cold compress and your skin.**
- You will leave our center with a splint on the outside of your nose, and a drip pad taped to the cheeks of your face to catch drainage from the nose.
 - The pad can be replaced as necessary, and you may remove the drip pad after 24 hours, or as soon as the drainage has stopped.
 - The nasal splint must remain in place for approximately one week. You may shower during the week, but please keep your splint dry.
- Beginning the day after surgery, clean the incisions two times a day (morning and evening) using Q-Tips dipped in hydrogen peroxide (both provided in Post-Operative Care Package) to gently wipe away any dried blood.
- After cleaning the incision with a Q-Tip, apply a thin layer of bacitracin ointment (provided in the Post-Operative Care Package) to the incision.

Once your splint is removed at your 1-week post-operative visit, you may begin to rinse your nose using the saline irrigation kit provided in the Post-Operative Care Package. We suggest that you do this at least once a day to clean the inside of your nose.