



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.
- **Cold Compress Instructions:**
 - Apply cold, damp gauze compresses to the treated area for 20 minutes every hour during the first 24 hours after surgery.
 - To prepare the compresses, soak clean gauze in ice water, wring out excess water, and apply it to the treated area. To keep the compress consistently cold, replace the gauze with a freshly chilled piece after the first 10 minutes.
 - After the first 24 hours of around-the-clock cold compresses, transition to applying cold compresses for 20 minutes every hour while awake through postoperative day 4. Beginning on postoperative day 5 and for the remainder of your recovery, you may continue using cold compresses as needed for comfort.
 - **Important:** Use ice water to chill the gauze—do not apply ice directly to the skin, as this may impair circulation and delay healing.
- 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.