



Post Operative Instructions – Rhinoplasty

For the night after surgery and the rest of the week, please sleep on your back with your head elevated above your heart. Neck pillows commonly used by travelers can help maintain a neutral head position during the recovery period.

Diet

We recommend starting with liquids as nausea is a common side effect of anesthesia. Then you may quickly transition to a regular and healthy, balanced diet. It may be advisable to reduce your sodium intake during the first few weeks to minimize swelling.

Pain Relief

For pain relief take the maximum dose of acetaminophen (Tylenol). Acetaminophen (Tylenol) comes in many strengths. Take the maximum dose according to the label. Please be aware and follow maximum dosage guidelines. For example, do not exceed 3,000 mg in 24 hours.

If Tylenol is not enough to help with your pain, you may take the prescribed pain medicine. Do not take both the prescription pain medicine and Tylenol at the same time, as the prescription also contains Tylenol. You should not drive, operate machinery, power tools, make important decisions, or sign documents while on narcotic pain medication.

DO NOT take aspirin, aspirin-containing compounds or non-steroidal anti-inflammatory medicines such as Ibuprofen for five days after surgery.

- ☐ Norco (Hydrocodone 5 mg- acetaminophen 325 mg) _____ am/pm, every 6 hours as needed for pain
- ☐ Tylenol (acetaminophen) _____ am/pm, every 6 hours as needed for pain
- ☐ Other _____ am/pm, _____ x daily for pain

Antibiotics

You may take 1 dose of antibiotics the night of your surgery day. Starting the next day, take your antibiotics as directed until they are gone. It can be helpful to take probiotics with antibiotics to preserve your gut health.

- ☐ Cephalexin 500 mg _____ am/pm, twice daily
- ☐ Clindamycin 150 mg _____ am/pm, three times daily
- ☐ Other _____ am/pm, _____ x daily

Anti-nausea

Anti-medication can be taken as needed

- ☐ Zofran (Ondansetron) sublingual 4 mg _____ am/pm, every 6 hours as needed for pain

Restrictions

- Please refrain from smoking/vaping as nicotine inhibits wound healing.
- Avoid heavy lifting or straining for at least 2 weeks.
- Avoid direct sunlight to the operative site by using sunscreen over any sun-exposed wounds 7 days after the surgery.
- Do not soak the wound site in water for at least 2 weeks. Showers are ok. If the wounds get wet, gently pat dry or air dry.
- It is strongly suggested that you get up and walk around as soon as you feel steady on your feet. Walking early after surgery helps prevent blood clots from forming in your legs.
- You may wear lightweight glasses as they will rest on your external splint. Contacts may be worn as soon as two days after surgery.

Wound Care

Starting the day of surgery:

- Change gauze under the nose as needed. It is normal to have some drainage over the next 1-2 days.
- Apply ice packs to the bridge of your nose and under your eyes for 20 minutes per hour while awake for 48 hours.

Starting the day after surgery:

- Apply a thin layer of Silver Gel to all visible incisions 3 times per day (between the nostrils and around the nostrils if you have an incision there).
- Use saline nasal spray approximately 4 times daily.

Postop Caretaker and Ride

- You need a responsible adult (family member, friend, or postop-op nurse) with you for at least 24 hours after your discharge from the Surgery Center.

Call the number below to report any of the following:

- Persistent nausea or vomiting
- Persistent chills or fever greater than 101° F
- Persistent bleeding that keeps the dressing wet
- Pain at a level that is intolerable despite pain medications, icing, and elevation
- Sudden onset of calf pain, redness, or swelling
- For difficulty breathing, shortness of breath, or chest pain call 911 immediately

If you have more questions or concerns, please call or text us at (503) 382-8899.

Caregiver signature _____ Date/Time

Provider signature _____ Date/Time