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## **Rhinoplasty : Follow up appointment schedule and general care instructions**

Follow up appointments; Day 4, 1 week, 1 month, 3 months, and 1 year

### **Day 1-6**

Rest, Head elevation, may use ice pack on forehead

Change drip pads as needed

Light activity

Walk every 2-3 hours while awake

Take medications as directed with food

\*Call Dr. Stile If you notice any significant changes in appearance or experience increased discomfort or bleeding

### **Day 4**

First post op visit

Packing is removed - Drip pads may be discontinued

Start gentle massage/molding as instructed

### **1 week**

Second post op visit - Splint removed, sutures removed, and retaped

Continue taping full-time day 7- 14

Continue taping evenings and while sleeping day 15-30

Continue gentle massage/molding as instructed for 30 days

Light activity - No heavy lifting or activities that raise Heart Rate or Blood Pressure

No eyeglasses or sunglasses for 3 months

### **1 month**

Third post-op visit

Follow up evaluation

May resume full activity and exercise.

### **3 months**

Fourth post-op office visit - photos taken

Continue taping during evenings 30-90 days

### **1 year**

Fifth office visit- photos taken



## **RHINOPLASTY(NASAL SURGERY) AFTER CARE INSTRUCTIONS**

After surgery, it is best to go to bed and elevate your head and shoulders on at least 2 pillows. Apply bags of ice (crushed is best) to your eyes as much as possible during the day for the first 48 hours to reduce the amount of swelling post-surgery. Swelling will peak in 48-72 hours. Do not put pressure on the nasal splint.

It is important to be walking early and frequently, moving your legs and ankles when in bed. Keep legs elevated, when in bed, for the first 2-3 days. Please don't cross your legs as this can increase the risk of blood clots.

Please take deep breaths frequently to keep your lungs clear ( 15-20 per hour).

Do not smoke. This is very important!

If you have pain, take the pain medication every 3-4 hours. It is best to take it with crackers, Jell-O, etc. If you have no pain, do not take the medication. Alcohol should not be used while you are taking pain medication. If you feel anxious, take the anti -anxiety medication (Xanax/ Alprazolam) every 8 hours for the first 1-2 days. **DO NOT TAKE SLEEPING PILLS WITH XANAX!** Take your medications carefully and as directed.

It is best to start with a liquid diet post-surgery and then progress to a soft diet. The next day you can begin a soft, regular diet but for 2 weeks try to avoid foods that require excess lip movement such as apples, corn on the cob, etc.

You will probably have a bloody nasal discharge for 3-4 days and may change the drip pad under your nose as often as needed. Do not rub or blot your nose, as this will tend to irritate it. You may discard the drip pad and remove the tape on your cheeks when the drainage has stopped. To prevent bleeding, do not sniff or blow your nose for the first 2 weeks after surgery. Try not to sneeze, but if you do, sneeze through your mouth.

While the nasal splint is on, you may have your hair washed beauty salon fashion. Take care to prevent the nasal splint from getting wet. It will be removed within 6-7 days of surgery and afterwards, the nose can be washed gently with a bland soap and make-up can be applied. Moisturizing creams can be used if the nose is dry. Do not wear glasses or allow anything to rest on your nose for 4 weeks. Contact lenses can be worn as soon as the swelling has decreased enough for them to be inserted.

Keep the inside edges of your nostrils and any stitches clean by using a Q-tip saturated with hydrogen peroxide followed by a thin-coating of Polysporin ointment. This will help prevent crust from forming. You may advance the Q-tip into the nose as far as the cotton on the Q-tip, but no further. You will not hurt anything inside your nose as long as you are gentle in your actions.

The skin of your nose is sensitive to sun right after surgery. Protect your nose from excessive exposure for 6 months. Wear a wide brimmed hat and sunscreen (SPF 20+) with UVA & UVB protection.

Avoid strenuous activity (increasing your heart rate above 100 beats per minute) i.e. aerobics, heavy lifting, and bending over, for the first 3 weeks.

After your sutures are removed and the internal/ external splints are removed, it is recommended that you use a saline solution (salt water) to gently remove crusty formation from inside your nose especially if you had internal nasal surgery such as septal reconstruction or inferior turbinate resection.

You can use nasal spray intermittently **ONLY** for the first and second week post-operatively for improved nasal breathing or if you are taking an airline flight to help prevent your ears/ nose from popping.

If you experience increased nasal bleeding with bright red blood (with a need to change the nasal pad every 30-40 minutes) notify our office immediately. You should sit up and apply pressure to the end of your nose for 14 minutes and you can use nasal spray to stop the oozing in the interim. Bleeding usually stops with these maneuvers.



#### **WHAT TO EXPECT AFTER RHINOPLASTY SURGERY:**

The tip of the nose sometimes feels numb afterwards and occasionally the front teeth will feel strange. This will gradually disappear.

It often takes 1 full year for the swelling to entirely disappear. Your nose may feel stiff when you smile and not as flexible as before surgery. This is not noticeable to others and things will return to normal.

\*\*\* If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications or if you develop a fever (oral temperature greater than 100), redness and/or increased pain at the surgical incision sites, please call Dr. Stile immediately.