

Rhinoplasty – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk for 10 minutes every hour.
- Avoid strenuous activity/exercises and keep heart rate below 100 bpm for 6 weeks.
- Avoid lifting more than 10 pounds during early recovery.
- Do not let anything hit or bump nose.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision & Care

- Keep incisions clean and dry. Wash with soap and water. Clear any crusted material with half strength hydrogen peroxide. Do not touch or remove splints.
- You can shower in 24 hours but do not get nose wet.
- Avoid direct sun exposure to incisions for at least 6 months.
- Contact the office for fever, increasing pain, redness, or drainage.

Head Elevation & Ice

- Keep head elevated for 7 days with multiple pillows.
- Apply cold compresses for first 48–72 hours avoiding pressure on splint.
- Humidifiers are helpful to clear congestion.

Nasal Care

- Do not blow nose for 4 weeks.
- Use saline spray as directed.
- Clean nostril edges gently with cotton swab as instructed.

Splint & Glasses

- Splint typically removed in 7 days.
- Avoid resting glasses directly on nose for 4 weeks.

Expected Recovery

- Bruising and swelling peak at 48–72 hours.
- Final refinement may take up to 1 year.
- You can drive and return to work in 5 days. You can fly in 2 weeks.