AESTHERA

PLASTIC SURGERY

# RHINOPLASTY INSTRUCTIONS

This handout provides information on how to prepare for your rhinoplasty operation and what to expect as you are healing after your operation. Please read the handout carefully. Feel free to ask questions at any time.

**Important information about preparing for your rhinoplasty operation:**

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin),Vitamin E or red wine for 2 weeks prior or for 2 weeks after your operation. Many medications contain these compounds which are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation.

2. Your prescriptions will be sent to you ahead of time. You should fill these prior to your operation and have them available for when you arrive home from the hospital.

3. Please arrange for a friend or family member to stay with you for the first 24-48 hours following your surgery.

4. Be aware that you will not be able to fly for two weeks following your operation and please plan accordingly.

5. In general, you will need 2 weeks off from work mainly because of bruising. You will feel fine much sooner and may be able to do light work at a computer within one week.

**On the day of your operation:**

- Do not wear makeup, contact lenses or jewelry on the day of your operation. Do not use hairspray, gel or mousse.

- Please keep your valuables at home.

- Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front.

**After your operation:**

1. After your operation, you will wake up with a splint and tapes on your nose. Do not touch the splint or tapes and do not get them wet. Do not move or rub your nose for 6 weeks.

2. You will have a bandage at the base of your nose to collect drainage. You will be shown how to change this bandage before you leave the recovery room. The drainage from the nose usually stops after 48-72 hours.

3. Your nose will feel stuffy when you wake up and for at least 2-3 weeks.

4. Do not put anything in your nose. Do not blow your nose for three weeks. Sneeze with an open mouth for three weeks.

5. For the first 7 days, sleep with your head elevated on several pillows arranged in a wedge.

6. For the first 48 hours, rest quietly with minimal talking or laughing. You may get up to use the bathroom or to take a light walk around the house. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.

7. An occasional complaint after the operation is nausea, although this generally passes within 24-48 hours. It is important that you drink liquids frequently after your operation. Do not take your pain medication on an empty stomach as you may experience nausea and/or vomiting.

8. Use the pain medication as prescribed when you are feeling uncomfortable.

9. Do not lean forward for two weeks. If you have to pick something up, bend from the knees with the head erect.

10. On the first day after your operation, you may gently wash your face by patting it with a face cloth. You can also carefully brush your teeth.

11. You will not be able to shower until the splint and tapes are removed from your nose by Dr. Chegireddy. Until then you may accumulate some "crusts around your nostrils. Gentle cleansing of this area can be accomplished with Q-tip moistened with a 50% hydrogen peroxide solution, (hydrogen peroxide and water mixed 50/50). Clean your nostrils like this 2-3 times a day. Only clean the nostril opening and don't put the Q-tip any further in than the head of the Q-tip. After cleaning apply some bacitracin ointment around the nostril opening with a Q-tip.

12. After 2-3 days your nose will not be as wet and may actually start to get dry inside. This is when you can start to use the saline nasal spray that you obtained

before the operation. Squirt the spray into your nose and allow it to drip out. Have a Kleenex in your hand when you do this.

13. Do not chew hard or tough foods for the first week after the operation.

14. It will be at least 2 weeks before you can begin light exercise such as: walking or using a stationary bike.

15. Heavy exercise and heavy lifting are not permitted for at least 6 weeks.

16. Do not allow glasses to rest on your nose for 6 weeks.

17. You will be able to wear makeup 2 weeks after your operation.

18. Avoid the sun for 6 weeks after your operation. You must use sunscreen with an SPF of 30 for one year after the surgery. Apply the sunscreen to your face and directly over the scars. It is recommended that you continue to use sunscreen after one year.

19. You will be able to drive after one week. Be aware that pain medications cause drowsiness and should not be used before driving.

**What to expect as you are healing:**

1. You will have bruising and swelling on your nose and below your eyes that will take 2-3 weeks to subside.

2. Numbness in various areas of your nose is common and may persist for weeks or months.

3. Sometimes there is a temporary loss of the senses of smell and taste.

4. The final result from rhinoplasty has to be judged six months after surgery.

**Follow-up appointments:**

1. You will have several follow-up appointments after your rhinoplasty operation.

2. Your first follow-up appointment will be at 1 week. At this time, you will have the splint and tapes removed from your nose. You will be able to shower once the splint and tapes are removed.

3. Your second appointment will be several weeks later.

4. Subsequent appointments will be suggested by Dr. Chegireddy as needed.

**If you have any questions you may reach Dr. Chegireddy by calling the office at (404) 446-0044 during and after business hours.**