



DR. COURTNEY  
PLASTIC SURGERY

# RHINOPLASTY

## Postoperative Care

### **POST-OP:**

The first 24 hours are best spent resting. You must have someone with you at all times for the first 24 hours and he/she must also read these instructions carefully. You should have someone assist you when you start ambulating (moving around).

- **1 week follow up:** Will remove sutures and nose splint at 5-7 days. Replace with steri strips to the nose. Will be shown how to tape nose.

### **DIET:**

If you have no nausea, then you can take liquids. If liquids are tolerated, then mild, bland foods may be tried next. Once these are adequately ingested, a soft diet may be resumed for one week prior to progressing to your normal diet. Avoid chewing gum or foods that require excessive chewing.

### **ACTIVITY:**

No strenuous activity is allowed for the first two weeks. Take it easy and pamper yourself. Try to avoid straining. When lying down be certain not to lie flat, but to elevate your head on two or more pillows

### **SHOWER:**

You may begin showering one day after your surgery, except for the face. Use lukewarm water. You may shower your face after the bandages are removed by Dr. Courtney usually one week after surgery.

### **DRESSING:**

The splint, which was put on at the time of surgery, will be removed by Dr. Gentile in 6-7 days postoperatively. Drainage from the nose is normal and usually stops on the third or fourth day postoperative. If drainage is excessive use a small mustache dressing (2 X 2 gauze rolled under your nose). DO NOT USE HEATING PADS but you use cold packs or HEB Pea bags for the first 24 hours after surgery.

### **CLOTHING:**

For ease in changing clothes without discomfort, wear clothing that does not require going over your head. Wear loose jogging type clothing on the day of surgery

### **MEDICATION:**

All your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Do not to take pain medication on an empty stomach; it can cause nausea.

### **PROBLEMS:**

If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email [Elsa@drcourtney.com](mailto:Elsa@drcourtney.com)

Print Name:

Signature:

Date Received