



C O U R T N E Y
P L A S T I C S U R G E R Y

RHINOPLASTY POST-OP CARE

SCHEDULE Your first follow up appointments will be 1-week post-op. We will see you again 3-4 weeks post-surgery, 3 months, 6 months, and yearly after that. (This may vary for some patients.)

ACTIVITY Take it easy for the first few days following surgery. You want to make sure you get up every 2-3 hours to walk for a few minutes and then return to resting, this helps reduce swelling and lower the chances of developing a blood clot. Avoid lifting, pushing, or pulling anything greater than 10-15lbs. No straining on the toilet. Avoid all exercise and all aerobic activities which elevate your heart rate for the first 6-8 weeks. The nose should not support eyeglasses for at least 1 month after surgery. Eyeglasses may be taped to the forehead. These steps are taken to avoid any external forces being applied to the nose which may result in its new shape function. Contact lenses can be worn as soon as the next day if you feel comfortable. Do not blow your nose for 2 weeks. You may sniff back gently, but no nose blowing. If you must sneeze, sneeze with your mouth open. Brush teeth gently with a soft toothbrush only. Keep head above heart for the first 2 weeks.

MEDICATIONS Do not take any of your medications on an empty stomach and take as prescribed. All pain and anxiety medications should be spaced out by 2-3 hours. Remember not to take any Aspirin containing medications for the first 2 weeks after surgery.

INCISION You may have a splint over your nose to protect and support nasal structures as you begin to heal. Do not disturb it. Keep it dry; if it gets wet, gently pat it dry. You may wash your face if you avoid the cast. Change the dressing under the nose (if present) until drainage stops. Keep the inside of your nose moist with nasal saline spray; 2 puffs per nostril 4-6 times or more per day will promote healing and provide comfort. Using a cotton-tipped applicator, gently clean the incisions with Hydrogen Peroxide. Also, gently clean just the inside of each nostril. Then, gently apply Bacitracin to the stitches below your nose and a thin layer around each nostril rim twice a day.

BATHING Your first shower should be 24-36 hours after surgery. Keep the nasal cast as dry as possible, it is okay if they get a little damp, pat to dry without being too vigorous. No submerging in any water for 8 weeks.

WHAT TO EXPECT A moderate amount of discomfort is to be expected. This will improve daily. Swollen, tight and bruised nasal and cheek region, including bruising and swollen eyes. Nasal stuffiness, post-nasal drip, and headache. Numbness or swelling in the region of the nose, lips and cheeks. These are normal experiences as the skin, facial bones, tissues, and sensory nerves heal. To alleviate any discomfort, and to reduce swelling, you may apply soft, cool (not cold) compresses over your eyes and nose. Do not apply ice or anything frozen directly on the skin. You may soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply any compress gently; do not apply pressure.

CONCERNS Call our office immediately if you experience a severely misshapen appearance, excessive bruising or fluid retention that is localized to the side of your face or nose. Any pain that cannot be controlled by your pain medication. Don't hesitate to call our office if in doubt.