Rhinoplasty (Including Revisions) – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for rhinoplasty surgery. For complete instructions—including detailed timelines, medication protocols, and post-operative care—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

### **What to Expect**

Rhinoplasty is typically performed under general anesthesia and is an outpatient procedure. Recovery varies, with initial bruising and swelling resolving within weeks, while final results may take up to a year to fully develop.

## Key Pre-Operative Guidelines (Summary)

**Fasting:** No food or drink (including water, mints, or gum) for 8 hours before surgery.
**Transportation:** A responsible adult must drive you home and stay with you for at least 1–2 days. Rideshare services are not permitted.
**Medications:** Discontinue aspirin, NSAIDs, anticoagulants, and blood-thinning supplements as directed (typically 2–3 weeks prior).
**Lifestyle Adjustments:** Cease smoking (including e-cigarettes) at least 4 weeks before and after surgery. Avoid alcohol for 2 weeks prior to your procedure.
**Shopping List:**

* Tylenol (acetaminophen) – for mild pain
* Vaseline or Aquaphor – to moisturize nasal area
* Saline spray (Simply Saline or Pretz) – begin 10 days post-op
* Optional: straws for easier hydration

**Day of Surgery:**

* Shower or bathe but avoid lotions, perfumes, deodorant, or makeup.
* Wear loose, comfortable, front-opening clothing.

### **Key Post-Operative Guidelines (Summary)**

**Pain Management:** Use Tylenol (acetaminophen) as needed. Narcotic medication and anti-nausea medication (Zofran) may be prescribed.
 **Antibiotics:** Complete the full course, even if symptoms improve.
 **Mobility:** Begin light walking the day after surgery to support circulation and healing.
 **Activity Restrictions:**

* Avoid strenuous activity and overhead movements for at least 2 months.
* Do not resume contact sports or yoga until cleared by your surgeon.

**Sleep Position:** Sleep with your upper body elevated at a 45–60° angle. Avoid side sleeping for 1–2 weeks.
 **Showering:** Lukewarm showers from the neck down are allowed. Keep the nasal cast dry until the night before cast removal.
 **Swimming:** Avoid pools, hot tubs, lakes, and oceans for at least 6 months.
 **Sneezing:** Keep your mouth open to avoid pressure on the nose.

### **Recovery Expectations**

**Swelling & Bruising:** Common and most noticeable around the eyes. Typically improves within 3–4 weeks.
 **Breathing:** Nasal airflow may be restricted due to swelling but improves gradually.
 **Drainage:** Blood-tinged drainage may occur for the first 2 days. Use gauze as needed.
 **Sensory Changes & Asymmetry:** Temporary changes or uneven swelling are normal during healing.
 **Implant-Free Recovery Timeline:**

* 1–2 Weeks: Swelling and bruising begin to subside
* 1–3 Months: Continued improvement and visibility of results
* 6–12 Months: Final results take shape

## **Follow-Up and Support**

* **Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.
* **Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.
* **Ongoing Communication:**
	+ For non-urgent questions, please email clinicalrn@drshimching.com.
	+ For urgent matters, contact the office directly from 9am - 5pm @ (808) 585-8855 or
	+ For urgent matters that occur after-hours, please use the physician exchange @ (808) 524-2575.
* **Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

## **Download Complete Instructions**

For full details on medication guidelines, wound care, return to activity, and recovery milestones, please download both documents below:

* [**Download Rhinoplasty Pre & Post-Operative Instructions (PDF)**]