

Rhinoplasty 1 week post-operative instructions

Cleaning:

- 1) Clean the nose with hydrogen peroxide when you get home from your cast and suture removal. This will help loosen any extra dry blood and after this discontinue cleaning with hydrogen peroxide as it can dry out the inside of the nose.
- 2) Continue to use the saline spray 1 time daily for the following week after stitch removal, this helps the inside to heal and keeps the nose from drying out.
- 3) When you get home, gently take an adhesive remover pad (we will give them to you) and wipe slowly back and forth down your nose. Do not apply pressure as this can irritate the nose. This will remove the excess glue stuck on the nose after the cast removal.
- 4) Apply sunscreen to your nose daily (especially the incision under the nose if you had an open rhinoplasty)

Activity:

- 1) For the first week, continue to take it easy. The slightest increase in your activity level will add to your swelling of the nose and prolong your healing process. This swelling is very difficult to get rid of.
- 2) Do not work out for 4 weeks following your procedure. Anything that gets your heart rate up will make the nose swell and the swelling is liable to linger for long periods of time (this includes cardio, yoga, weights, sexual activity etc.)
- 3) Avoid any activity that has your head down for the first week after your cast removal.
- 4) Avoid sleeping facedown or on your stomach for 4-6 weeks after your procedure.
- 5) Continue to sleep with your head elevated for the week following your cast removal, this will help bring down extra swelling.

Other instructions:

1. If you wear glasses you will need to avoid resting them on the bridge of your nose for 4 weeks following your cast removal. It is best to tape them to your forehead if you need them or use contact lenses.
2. If you use a clarisonic brush you need to wait 4-6 weeks following your surgery as we do not want the pressure to cause any extra swelling.
3. Avoid bending over at the waist as this can make blood rush to the head, causing swelling.