

RHINOPLASTY

POST-OPERATIVE INSTRUCTIONS

Bathing

- You may shower 48-72 hours after surgery, unless instructed otherwise by your surgeon. **No baths.**
- Do not remove the nasal splint to shower, and ensure you keep your nose and nasal splint dry.
- Some areas may bleed slightly — this is normal and should subside quickly when dry.

Activity

- **Do not blow your nose until cleared by your physician.**
- Elevate your head by sitting up or using two pillows while in bed the first day after surgery.
- Walk every hour while awake to promote adequate circulation to your heart and lungs.
- Avoid bending over for the first week.
- Keep your head elevated at night for the first week.
- Do not lift more than 10 lbs (or more than a gallon of milk) or perform strenuous activities for 2-3 weeks after surgery.
- Do not swim or use a hot tub until your wounds have healed — typically 4-6 weeks.

Diet

- Slowly resume your normal diet as tolerated.
- Pain meds and anesthesia may cause constipation. Be prepared with miralax and colace.
- Incorporate high protein foods into your diet to promote healing.
- Stay hydrated.

Wound Care/Dressings

- Keep the dressings and nasal splint on until your first post-op visit.
- If the splint falls off, gently try to place it back on.
- You may have packing in your nasal passages — leave this packing in place unless instructed otherwise.
- Bruising and swelling around the eyes and face will worsen for the first three days.
- The surgical area may have temporary numbness. Avoid using a heating pad near the surgical area to prevent burns.
- It is normal to have some bloody drainage from the nose after surgery.

Medications

- Take all medications as prescribed by your physician.
- Pain medication will reduce discomfort but may not eliminate pain completely.
- Do not exceed prescribed doses.
- You may take acetaminophen (Tylenol) for mild pain, but do not take it in addition to prescription pain medication unless approved (many prescriptions already contain Tylenol).
- Avoid aspirin and NSAIDs (Advil, Motrin, Ibuprofen) for 72 hours after surgery, as they may increase bleeding risk.

Call Promptly If You Experience...

- Significant swelling or swelling on only one side
- Shortness of breath, calf pain or soreness
- Excessive bleeding (some drainage is normal)
- Fever greater than 100.4°F (38°C)
- Redness or warmth around the incision
- Changes in drainage (thick, yellow, green, bright red), a foul odor, or a sudden increase in drainage
- Severe pain that is not relieved by medication
- If you believe you are having a reaction to a medication