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RHINOPLASTY POSTOPERATIVE INSTRUCTIONS

OFFICE VISITS

Please schedule an appointment at 7 days after your surgery for splint and suture removal. I will see you again at 2 weeks , 4 weeks, 3 months and finally at 1 year after surgery.

There will be swelling and bruising of the nose and around the eyes. The swelling reaches its peak at 48 to 72 hours after surgery. After 10 days to 2 weeks, most of the visible swelling will be gone, but there is often a feeling of numbness and stiffness to the tip of the nose. Swelling in the tip persists for months after the surgery although this swelling will not be noticed by others.

DIET

Take a liquid diet for the first 24 hours and advance to regular diet the next day. Nausea is common after surgery because of blood in the stomach. Avoid foods which require excessive lip movement for the first week, ie, apples, corn, etc. Avoid alcoholic beverages for three weeks after surgery and when taking the pain medications.

MEDICATIONS

NORCO 5/325 one to two tablets every four to six hours as needed for pain. Do not exceed 4 grams of acetaminophen in a twenty-four hour period.

DO NOT TAKE PAIN MEDICATION ON AN EMPTY STOMACH BECAUSE IT WILL CAUSE NAUSEA AND VOMITING. TRY CRACKERS, BREAD OR YOGURT IF POSSIBLE.

If you are allergic to codeine, DARVOCET or DARVON can be prescribed.

Avoid Motrin, ibuprofen, Aleve, aspirin or other anti-inflammatory medication for **THREE DAYS** after surgery.

Saline eyedrops can be helpful. If you have symptoms of dry eyes or wear contacts, use saline eyedrops every 4-6 hours.

Constipation can be a problem if taking pain medication. Start stool softeners as needed. COLACE will be prescribed.

If the pain medication is not adequate, call the office at (312) 926-5800 and we can increase the dosage.

CARE OF INCISION

Bloody nasal discharge is common after surgery and can last as long as 2 to 4 days after surgery, so change the drip pad under your nose as needed. Do not rub or blot your nose as this will tend to irritate it. You can remove the drip pad and tape once the drainage has stopped

Keep the inside edges of your nostrils clean by using a Q tip with polysporin ointment to moisten the incisions. Do not advance the Q tip farther than the cotton tip.

ACTIVITIES AND LIMITATIONS

Elevate your head on at least two pillows when lying down. Try sitting throughout the day. Keep your head elevated for 72 hours after surgery. Do not be alarmed if your nose continues to swell after surgery. The swelling will reach its peak by 48 to 72 hours.

Keep ice packs around your eyes using 15 to 30 minute intervals of keeping the packs on and 15 to 30 minute "rest" intervals. Keep icing for 72 hours if possible. Do not place pressure on splint/nose.

Do not sniff or blow your nose for two weeks after surgery. Try not to sneeze, but if you do, sneeze through your mouth. This will help minimize the postoperative bleeding.

You cannot get your splint wet after surgery. You can wash your hair in the sink or salon.

Patients can go back to school or work one week after surgery. Avoid strenuous activity for two weeks after surgery and you can resume your regular routine after three weeks. Avoid activities where your nose can be hit for at least eight weeks.

Avoid sun exposure on nose for eight weeks after surgery because the nasal skin is sensitive to sunlight. Use sunblock or wide brimmed hat.

If you wear glasses, you can wear glasses while the splint is on. Once the splint is off, no glasses can be worn until three weeks after surgery.

Please call with any questions or concerns. **Our office number is (312) 926-5800** If it is after hours or the lines are busy, the answering service will get in touch with me and I will return your call.