

RHINOPLASTY POST-OPERATIVE INSTRUCTIONS

General Instructions

- Please contact your doctor for any serious change in your symptoms, or any new symptoms that concern you.
- Sleep with your head elevated on pillows or on an incline to help with swelling. This will help with pain/pressure and may improve healing.
- You may use soft, cool compresses around your eyes for comfort but do not use them on your nose. Do not apply ice or frozen products directly to skin as this may cause skin injury. Do not drape any compresses over your nose. They should be placed over the eyes and forehead. A recommended technique is placing 4x4 gauze into glass of cold water. Then place a separate piece of gauze over each eye. Apply for 20 minutes on and then 20 minutes off. You may do this as often as able in the first 2-3 days after surgery.
- Do not drive or operate heavy machinery while taking any narcotic pain medication.
- No strenuous activity for 4 weeks. No running, biking, lifting weights, contact sports, swimming, golfing, etc. However, walking at least 6 times a day is recommended for general well-being and prevention of blood clots. You may need assistance when walking at first to prevent falls.
- Drink water to stay hydrated.

Medication Instructions

- Take medications as prescribed.
- You may develop constipation when taking narcotic pain medications. You should continue drinking plenty of fluids. You may take over the counter stool softeners.
- Over the counter Tylenol is recommended as the primary pain relief medication as needed. Opioids can be used for breakthrough pain and should be weaned in the first week after surgery. Some patients only require Tylenol, but every patient is different. Complying with the general post-operative instructions will help with pain control as well.
- No more than 3 grams of Tylenol should be taken in a 24-hour period. Please check the label on your bottle to remain aware of dosages.

Wound Care and Dressings

- You may take a bath or shower 24-48 hours after surgery, but do not get your face/nose wet until your external splint has been removed. It may be easier to sponge bathe until follow up to ensure the dressings do not get wet.
- Keep your dressings in place until your follow up appointment. You may change the external gauze drip pad (collects nasal drainage/blood) under your nostrils as needed.
- You may have a clear plastic splint inside of each nostril (often referred to as "Internal Nasal Splints" or "Doyle Splints"). There is a suture securing them in place. Leave these splints in place until your follow up visit. You may have a foam type nasal packing inside each nostril. These may fall out on their own, which is expected.



Sinus Precautions: Continue for 4 weeks after surgery

- Do not forcefully blow your nose, even though your sinus may feel "stuffy" or there may be some nasal drainage.
- Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
- Do not smoke.
- Do not use straws.
- Do not lift items over 3 lbs.
- Avoid constipation ("bearing down for bowel movements").

Call us if....

- If you are unable to keep fluids or medications down due to vomiting.
- If you have shaking chills, fever greater than 101.5 (F) degrees or 38 (C) degrees, increased redness, swelling or discharge from incision, chest pain, shortness of breath, or anything else that is troubling you.

Follow up

- Your first clinic follow up after surgery will most likely be within 1-2 weeks after surgery. If you do not have an appointment scheduled, please call the clinic to schedule an appointment.
- At your one-week clinic visit, the dressings will be removed.
- The Plastic Surgery Clinic phone number is: 617-632-7827