

Postoperative Rhinoplasty Instructions

1. Take medications as directed. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. If you are taking an antibiotic, be sure to finish it.
2. Remain quiet with head elevated on two pillows and ice compresses on eyes for 48 hours. Do not lie on your side or face down until released to do so. A partially frozen bag of peas works well as an ice compress. Do not get the splint wet with the ice or in the shower or when washing your face as this could cause the splint to come off and cause unwanted bone movement.
3. The nasal drip pad may be changed as needed. Do not remove any of the other tape or dressings. The drainage may last 2–3 days, but should decrease each day. Using a Q-tip, gently clean nostril incisions with peroxide, then apply antibiotic ointment to incisions.
4. If you are experiencing discomfort due to breathing through your mouth, you may use a vaporizer.
5. It is important that you do not sneeze. If you cannot control this, try to sneeze through your mouth and not your nose.
6. Some patients experience nausea after surgery. A clear diet is advised until all the nausea has passed. Carbonated drinks and crackers seem to work well. If you vomit blood, this is just swallowed blood not stomach bleeding and many times will eliminate the nausea.
7. Do not blow your nose. You may blot if necessary. You may inhale forcefully through your nose after the packing is out to try and dislodge any nasal obstruction that may be present.
8. Do not attempt any strenuous activity until allowed by your doctor at three weeks.
9. After the internal nasal splints are removed, inhaling warm mist air from a teapot or vaporizer will allow internal crusts to be mobilized and improve your breathing. NaSal is an over-the-counter nasal spray that will also help with crusting inside the nose.
10. Do not wear glasses until the bridge of the nose is non tender. Glasses may be worn by supporting them to the forehead with tape until the tenderness resolves. This is done to not dislodge the nasal bones that have been repositioned.
11. Move your legs and feet often to after prevent dangerous blood clots in the legs. Taking big breaths and coughing restores normal lung function after anesthesia.
12. Please call our office if you have any questions or concerns.
13. Call our office soon to schedule your first post-op visit on _____.