POSTOPERATIVE INSTRUCTION SHEET: RHINOPLASTY

Please read and familiarize yourself with these instructions both BEFORE and AFTER surgery. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to discuss them with your doctor. Take this list to the hospital with you and begin observing these directions on the day of surgery.

1.) Do not blow nose until instructed. Wipe or dab nose gently with Kleenex, if necessary.
2.) Keep crushed ice in a bag over your nose and eyes for the first 48 hours to reduce the swelling and bruising.
3.) Change dressing under nose (if present) until drainage stops.
4.) The nasal cast will remain in place for approximately one week and will be removed in the office. **Do not** disturb it and **keep it dry**. Nasal crusting around the nostrils is normal. The nostrils may be cleaned with Q-tips and hydrogen peroxide followed by application of antibiotic ointment. You should also keep your nasal passages moist with saline rinses or spray a five to six times daily.
5.) Avoid strenuous physical activity for at least 2 weeks. Obtain more rest than you usually get and avoid exertion, including athletic activities (i.e. swimming, running) and intercourse. Avoid bending over or lifting over 10 pounds.
6.) Sleep with head elevated on 2-3 pillows for at least two weeks after surgery.
7.) You may wash your face - carefully avoid the dressing. Take **tub baths** until the dressings are removed.
8.) You may wash your hair the day after surgery but do not get the cast wet as it may prematurely separate from the nose.
9.) Wear clothing that fastens in front or back for one week. Avoid slipover sweaters, T-shirts, and turtlenecks.
10.) Absolutely avoid sun or sun lamps for 6 weeks after surgery; heat may cause the nose to swell.
11.) Don't be concerned if, following removal of dressing, the nose, eyes and upper lip show some swelling and discoloration - this usually clears in 2-3 weeks. In certain patients it may require 6 months for all swelling to completely subside.
12.) Take only medications prescribed by your doctor(s).
13.) Do not wear regular glasses or sunglasses which rest on the bridge of the nose for at least 8 weeks or until given approval by your doctor. We will instruct you in the method of taping the glasses to your forehead to avoid pressure on the nose.
14.) Contact lenses may be worn within 2-3 days after surgery.
15.) After the doctor removes your nasal cast, the skin on the nose may be cleansed gently with a mild soap or Vaseline Intensive Care Lotion. **BE GENTLE.** Makeup may be used as soon as bandages are removed.
16.) When we remove your splint, you nose will be swollen and will remain so for several weeks. In fact, it takes at least one year for all swelling to subside.