

**Rhinoplasty**

*If any of these symptoms seem excessive, contact the office.  
Office phones are answered 24 hours daily.*

**1. SWELLING AND BRUISING:**

Post-operative swelling and bruising should be expected for approximately two weeks. To reduce this condition, your head should be elevated and cold compresses should be applied around the nose and eyes. Residual bruising may be noticeable for several weeks and subtle swelling of the nose may be present for several months. **If you experience severe swelling or changes in vision call me immediately.**

**2. ACTIVITY:**

Sit up or semi-recline. Elevate the head of your bed 30 degrees. **No strenuous activity, straining or bending over for 72 hours.** Increase activity as tolerated with no heavy exercise for two weeks. Do not smoke or drink alcohol for 24 hours following surgery. Avoid excessive physical activities that raise the blood pressure, such as jogging, swimming, weight lifting and bending for the first several weeks after surgery.

**3. FEVER:**

If a temperature above 101.5 occurs contact my office.

**4. PAIN:**

Some discomfort is normal following surgery. If pain medication is prescribed, take only as directed. **Do not drive while using narcotic pain medications.** Often it is beneficial to take the medication after eating to help prevent nausea. **If you experience severe pain behind your eye call me immediately.**

**5. DIET:**

Eat something when you feel ready.

**6. WASHING:**

Do not get surgical site wet for 24 hours after surgery. Later you may let water run over the area for brief periods. Do not soak. Do not let shower spray directly onto surgical site.

**7. WOUND CARE:**

**Use saline nasal spray at least four times a day to keep the scab thin. Try to keep a blood clot from caking over the area. Use cotton tipped applicators to clean inside the tip area very gently.**

**8. CLEANLINESS AND HEALING:**

The incision will heal better if it is carefully kept clean during the healing period. Sutures dissolve in two weeks.

**9. INJECTION SITE:**

After having intravenous anesthesia, the arm vein may become hardened and tender. Apply moist heat over the area for one hour three times a day for three days.

**10. NAUSEA:**

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting you may need to stop the pain medications or to take an additional anti-nausea medication.

**11. BLEEDING:**

Active bleeding can be controlled by some simple measures. Keep head elevated. Stay calm and relaxed. Use Neo-Synephrine (phenylephrine) or Afrin (Oxymetazoline) nasal spray. Be patient.

**12. NO NOSE BLOWING:**

You may gently sniff in after the packs are removed. No nose blowing for 4 weeks.

**13. SMOKING:**

Cease all use of tobacco for 6 weeks prior to and 6 months after surgery. Failure to do so may have serious negative effects on the success of my surgery.

**14. SLEEPING/GLASSES:**

Be careful not to deform the nose during sleep, and do not wear glasses for 6wks. The changes in position of the cartilages and bones need time to heal before they will be stable.

**15. ANTIBIOTICS AND CONTRACEPTION:**

Contraceptives may be ineffective while taking an antibiotic. Use extra protection.

**16. GLASSES:**

Do not wear glasses for 6 weeks