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## **POST-OP INSTRUCTIONS NASAL SURGERY (RHINOPLASTY)**

\_\_\_\_\_  
**Patient's Name**

\_\_\_\_\_  
**Date of Birth**

The following instructions apply to patients who have undergone cosmetic nasal surgery (rhinoplasty). Since no two patients are ever exactly alike in their surgical needs or rates of healing, we may elect to individualize the following guidelines for each patient. In such instances, we will instruct you as to the changes we make.

Additional Instructions:

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Otherwise, we urge you to follow the provided postoperative advice very carefully in order to accelerate your healing time and maximize your surgical outcome. Please initial to indicate that you understand the following instructions.

\_\_\_\_\_ The rhinoplasty operation is one of the most dramatic procedures to improve one's appearance. The success of the surgery lies in the hands of the patient as well as the surgeon. The best surgeon on earth will not obtain satisfactory results if the patients do not properly care for their surgery. The **patient has much control over how he or she will heal.**

\_\_\_\_\_ The splint placed on your nose is to remain in place until your surgeon removes it at the one week follow-up visit. Change the gauze mustache dressing to as needed with the provided gauze.

\_\_\_\_\_ You have just undergone a **surgical** procedure. **All surgery is, on some level, invasive.** Your body will react with some pain, swelling, and possible small amounts of fever. These things are to be expected. However, any development of unreasonable pain, excess facial swelling, or fever (over 101.5F) should be reported. Swelling, bruising, and some bloody drainage is normal.

\_\_\_\_\_ Swelling, bruising and some bloody drainage is normal. If bleeding persists or is heavy, keep your head elevated, apply icepacks and decrease your activity. If nasal packs are placed, they will usually be removed the following day depending on the amount of intranasal surgery.

\_\_\_\_\_ Use ice or frozen green pea packs over the surgical areas for **ONLY** the first 48 hours as often as tolerated to help decrease swelling and bruising.

\_\_\_\_\_ Using a saline nasal spray as necessary can be helpful for relief. Afrin nasal spray can be used for no more than 3 days to decrease bleeding and congestion. If Afrin is used for more than 3 days you can become addicted to it and have worsening of your nasal congestion.

\_\_\_\_\_ Avoid pressure on the nose. (i.e. tape glasses off of the nose for up to six weeks. It is normal for the nose to be stuffy the first couple of weeks.

\_\_\_\_\_ To avoid complications from bleeding you must absolutely refrain heavy lifting, bending over, strenuous exercise, or from any activities that may increase blood pressure or bleeding for 10 days after your surgery. We require our eyelid surgery patients to be “couch potatoes” for the first 48 hours after surgery. We ask you to elevate your head for the first week and simply relax. Take advantage of this vacation and turn your family into servants!

\_\_\_\_\_ You must also refrain from taking any drugs that may prolong bleeding. Remember even 1 aspirin or ibuprofen per day is very dangerous for bleeding around the nose. Some homeopathic herbs may also elevate bleeding times and should not be used before or immediately after nasal surgery. Ginko, Garlic and Ginseng as well as high doses of vitamin E can increase bleeding. **We mandate you stop all these types of medicines for at least 2 weeks before and after surgery.**

\_\_\_\_\_ After your surgery, we will recover you in our office for approximately 1 hour. Apply to your nose as much as possible for first 48 hours after surgery. Nasal incisions may be cleaned daily with diluted 3% hydrogen peroxide, and coated with the antibiotic ointment prescribed twice a day. Drainage and crusting is normal, especially the first few days or with increased activity. It is fine to shower the day after your surgery. Be gentle when washing and drying the face not to disrupt the sutures.

\_\_\_\_\_ Some facial and neck swelling and bruising are normally present after rhinoplasty. However, the degrees of each vary widely from patient to patient. Do not be concerned if you have more or less than others who have undergone the same operation. As a general rule, most patients appear quite socially acceptable within two weeks after their surgery. **As the healing progresses, bruising can go from blue to purple to yellow and spread around the eyes and down the face to the neck and chest. Some patients will have the “white of the eye” turn red or pink and this is not a problem. If the “white of the eye” turn red and is very swollen and edematous, this is called “Chemosis” and is sometimes described as “blistering of the eyeball.” This is from swelling and is rarely a problem, but may require additional medications. Call your doctor if you have concerns.**

\_\_\_\_\_ If you have sutures they will either be removed in about one week, or dissolve in about one to two weeks. Nasal incisions heal in a very cosmetic manner, but usually look very “raggedy” and irregular for the first several weeks. They may look uneven or bumpy, but generally heal better than any scar on the body. Don’t be concerned about the scar for the first several weeks.

\_\_\_\_\_ It is important to stay out of direct sunlight, as your eyes and the skin around them will be sensitive. If you must go outdoors for whatever reason, it is advisable to wear UV blocking sunglasses for at least 6 weeks.

\_\_\_\_\_ Your follow-up will usually consist of an appointment the next day, then in 5-8 days, then 3-4 weeks, 6-8 weeks, and 3-6 months. Your first follow -up appointment is generally made on the day of surgery.

\_\_\_\_\_ No driving if your vision is not adequate as well as while still taking prescription pain medication.

\_\_\_\_\_ Camouflage make-up may be applied to discolored areas, 5 days after surgery. Do not place the make-up heavily on the incisions.

\_\_\_\_\_ Take all prescribed medications, usually a pain medicine, antibiotic, nausea patch, and possibly nasal spray, as direct by our office and call if you have any questions.

\_\_\_\_\_ Most people pay little attention to their nose until they have an operation. Don’t be too picky for the first several weeks or worry unnecessarily. Relax and let the healing take place. Remember, you will look worse before you look better.

***We greatly appreciate the confidence you have shown by allowing our staff to assist you in improving your appearance and health. Our very best efforts will be given to achieve the most satisfactory surgical results possible for your individual anatomy and desires.***

**If you have any emergent questions, the doctor on-call can be reached at 714-835-7771.**