



For questions or emergency care, please contact us at 985-327-5905.

POSTOPERATIVE INSTRUCTIONS RHINOPLASTY

Week 1

- Keep splint as dry as possible. Notify the office if splint comes off.
 - Sleep on your back with the head of the bed elevated 30-45 degrees. Sleeping alone is recommended for 2 weeks.
 - Continue ice compresses as much as possible for 3 days following surgery. After the first night they do not have to be continued during sleep.
 - Take a decongestant if you get a cold. This may decrease drainage however; it will not improve stuffiness due to swelling for 7-10 days. It may cause drowsiness, so do not take it unless needed. Avoid decongestants if you have high blood pressure.
 - Maintain sitting or standing position as much as possible to reduce swelling.
 - Remember to rest when you tire.
 - Clean outside incisions (if they were required for surgery) with peroxide and a Q tip and apply Vaseline 6 times a day.
 - Wear mustache dressing as much as needed to catch any drainage. Apply lipstick with lip brush only.
 - Brush upper teeth with finger and washcloth. Do open mouth if sneezing occurs.
 - Use a humidifier if nose starts feeling excessively dry.
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- Do NOT bend over or lift heavy objects. Do not bump or hit nose.
 - Do NOT tweeze brows for 1 week.
 - Do NOT use salon hair dryer for 1 week.
 - Do NOT sniff or forcefully breathe through nose
 - Do NOT put anything in your nose unless specifically directed to do so. Do not wipe nose with Kleenex or handkerchief, use the drip pad.
 - Do NOT blow nose for 10 days.
 - Do NOT grin or smile excessively.
 - Do NOT eat chewy foods for 1 week.
 - Do NOT engage in any exercise for 2 weeks. No diving, skiing or contact sports for 6 weeks.
 - Do NOT use nose sprays unless nosebleed occurs.

Week 2

- Apply Vaseline inside the nostrils and press nostrils together if crusting occurs.
 - Wash nose with mild soap (Ivory or Neutrogena) and cotton ball.
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- Do NOT wear glasses directly on the nose. This could permanently disfigure nose. Suspend glasses with tape or cheek pads for at least 6 weeks.

Remember, your nose will retain some swelling for several months. The final result may not be apparent for a year or more, be patient.



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