



Rhinoplasty Post-Op Care

- You must be attended by an adult for the first 24 hours post-operatively.
- Do not work with any electrical or mechanical devices for 24 hours after surgery.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not smoke or use tobacco products.
- Do not make any important decisions or sign documents for 24 hours after surgery (until your full mental awareness returns).
- Do not drink alcoholic beverages while taking pain medications or antibiotics.

ACTIVITY:

- Avoid exertional activity for at least 7-14 days. No athletic activities, intercourse, heavy lifting or straining. Avoid bending forward. After 7-14 days you may resume normal, non-exertional activity.
- Active Duty will be provided a profile for 8 weeks: walk/run at own pace and distance and no push-ups for 6 weeks.
- Swelling of the nose will recur 3-6 months following surgery. This can occur intermittently throughout the post-operative course.
- No contact sports or sports that could result in nasal trauma (Tennis, Soccer, Football etc.) for 6 weeks post-operatively to decrease risk of re-fracturing your nose. After 6 weeks of healing, this risk decreases.

POST OPERATIVE INSTRUCTIONS:

- Do not blow your nose until instructed by your surgeon. As necessary, you may dab your nose gently around the nostrils with a gauze pad or Kleenex. Typically, after 7 days gentle nose blowing is permitted. Avoid sneezing, sneeze with mouth open if you have the urge to sneeze.
- Avoid wearing turtlenecks, T-shirts, or pullover sweaters until the cast is removed. This will prevent inadvertent removal of the cast and/or trauma to the nose.
- Avoid sun exposure for 3 months post-operatively. Wear sunblock and/or wide brimmed hats to prevent sun exposure

WOUND CARE NOSE:

- Change the dressing under your nose (if present) as needed to keep clean and dry. You don't need to use it if there is no dripping and/or bleeding stops.
- Use nasal saline liberally in the nose to keep it clean and free of old blood and debris.
- Keep your sutures clean and apply bacitracin twice daily. Keeping the nose clean is your main priority and an important responsibility that reduces the risk of infection and poor healing. Keep the suture line free of debris within your nose and along the external incisions by using q-tips soaked with nasal saline to gently remove blood and debris between applications of bacitracin. Do not use q-tips inside your nose.
- If you have nasal splints in your nose, they will remain in place for one week.



- If you have a nasal cast, it will remain in place for approximately 7 days and will be removed in the office. Do not disturb this cast or allow it to get wet.
- When resting or sleeping keep your head elevated on at least 3 pillows for 72 hours. Your nose will swell intermittently while in a dependent position. This is a normal finding in the healing process.
- Place crushed ice over each eye on for 20 minutes alternating off for 20 minutes continuously for the first 24 hours to reduce post-operative swelling. Do not place ice on the nose or allow the dressing to get wet.
- Brush your teeth gently with a soft toothbrush and avoid any excessive manipulation of the upper lip.
- After the cast and/or tape is removed from your nose, you may cleanse your skin with a mild soap or cleansing cream. Rubbing alcohol may be placed on a gauze pad to aid in removing any residual adhesive left over after cast/tape removal. You may resume wear of make-up as desired. It is common to have blackheads or pimples on your nose after the dressing is removed; treat with gentle cleansing. No squeezing or manipulating blackheads.
- Contact lenses may be worn the day after surgery. For the first 7 days do not wear glasses or sunglasses that rest on the bridge of the nose. Tape the glasses to the forehead to prevent pressure at the surgical site. After 7 days you may resume normal wear of your glasses. If the glasses indent the nose with wear, remove them intermittently to allow for the swelling to resolve before resuming continued wear.

BATHING:

- You may shower, bathe, or wash your hair as early as the day of surgery. Avoid getting your cast and nasal dressing wet. Cover your nose to prevent water splashing onto the cast. If the cast becomes wet, attempt to dry it with a blow drier on a low setting. If the cast falls off or becomes loose, it may need to be replaced depending on when it falls off. Please call the ENT on-call pager for guidance.

PAIN MANAGEMENT:

- Please take your prescribed pain medication as needed to control your pain. As an alternative to your narcotic prescription you may take regular or extra strength Tylenol every 4-6 hours as needed for pain. Avoid aspirin and non-steroidal anti-inflammatory medications, as they may increase the risk of bleeding.
- It is normal to have more pain at the site of the rib cartilage harvest surgical site than with your nose.

OTHER MEDICATIONS:

- Resume your pre-operative outpatient medications unless otherwise instructed.
- If you have been prescribed post-operative antibiotic therapy, please begin taking them the day of surgery and take them until gone. Call your Doctor if you feel you are having an allergic reaction to the medication.
- Apply Bactroban (unless allergic) three times daily to nasal stitches (if present) until sutures are removed.



RETURN PRECAUTIONS:

If any of the below arises, call 911, go to the ER, or contact ENT by any of the methods listed below.

- Severe pain that is not relieved by rest and your prescribed medication
- Fever above 101.5°F that is not relieved by Tylenol
- Intractable nausea/vomiting
- Increasing chest pain/pressure
- If you see constant flow of bright red blood from the nose or mouth that lasts more than 5 minutes, and not controlled with holding pressure & Afrin spray (It is normal to have blood tinged mucous and spotting bleeds. If there is minor bleeding from the nose hold pressure to the front of the nose for at least 15 minutes)

Follow-up as directed. To schedule a follow-up appointment in the ENT clinic, please call 210- 468-5426.