

RHINOPLASTY *After Care Instructions*

- After surgery elevate your head and shoulders on 2 or more pillows for the first week.
- Avoid straining of any kind for the first 48 hours. When awake in bed please flex your feet and legs 3-4 times every hour.
- Apply surgical cold mask (Swiss Eye Mask) or surgical gauze pad with crushed ice to your eyelids and the exposed areas of your face as much as possible during the first 48 hours after surgery as this will reduce the amount of swelling you have. Do not put pressure on the nasal splint.
- It is normal to have continued swelling for 2-3 days after surgery.
- You may start cleaning along the suture lines located below the tip of your nose with half-strength hydrogen peroxide on a saturated Q-tip. (Use tap water to dilute.) Apply a thin line of antibiotic ointment to these areas after cleaning twice daily for the first 3 days only. You should also clean the inside edges of your nostrils. You may advance the Q-tip into the nose as far as the cotton on the tip, but no farther.
- While your splint is on, wash your hair beauty salon style to avoid getting the splint wet.
- To prevent bleeding, do not sniff or blow your nose for the first 2 weeks after surgery. Try not to sneeze, but if you do, sneeze through your mouth.
- You will probably have bloody nasal discharge for the first 3-4 days after surgery, so change the drip pad under your nose as often as needed. Do not rub or blot your nose, as this will tend to irritate it. You may discard the drip pad and remove the tape on your cheeks once the drainage has stopped. The nasal splint will be removed in 6-10 days after surgery.
- After the splint is removed, do not wear glasses or allow anything else to rest on your nose for 4 weeks. Glasses should be taped to the forehead. (We will show you how.) Contacts may be worn as soon as the swelling has decreased enough for them to be inserted. Usually this is 3-5 days after surgery, but may take longer.
- After the splint is removed, the nose can be washed gently with facial cleanser or gentle soap and makeup may be applied. You may begin your usual skin care regiment at this time.
- Avoid hitting your nose for 4 weeks after surgery.

- If you have discomfort, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking the pain and/or anxiety medication.
- You can expect swelling of your nose and eyes after surgery. If you are having pain which is NOT relieved by the pain medication, or if you experience increased nasal bleeding with bright red blood (with a need to change your nasal drip pad every 30-40 minutes) call Dr. Sorokin at 856-797-0202. To stop bleeding you should sit up and apply pressure to the end of your nose for fifteen minutes. You can also use *Afrin* spray to stop the oozing. Bleeding usually stops with these maneuvers. If it does not stop, contact Dr. Sorokin immediately.
- After the sutures are removed and the splints are removed it is recommended that you use a saline solution (*Ocean Spray* works well) to gently remove crusty formations from inside your nose. This is especially helpful if you had internal nasal surgery such as septal reconstruction or inferior turbinate resection.
- The tip of the nose will sometimes feel numb after rhinoplasty, and sometimes the front teeth will feel “funny”. These feelings will gradually disappear.
- Most of the swelling will be gone in 4-6 weeks after surgery. It often takes a year for the remaining 10% of swelling to go away. Your nose may feel stiff when you smile and not as flexible as before surgery. This is not noticeable to others; things will gradually return to normal.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft regular diet the next day.
- DO NOT SMOKE. This is very important.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 10 lbs. (approximately the weight of a gallon of milk).
- All incisions will be extremely sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact your doctor.
- If you develop a fever (oral temperature greater than 101 degrees), redness, or increased pain or swelling at the surgical incisions, please call your doctor.