

## **RHINOPLASTY POSTOPERATIVE INSTRUCTIONS**

- Use the medication prescribed for discomfort as needed. **DO NOT TAKE ANY ASPIRIN OR ASPIRIN RELATED PRODUCTS.** Extra strength Tylenol is recommended as an effective alternate.
- For the first week keep your head elevated at all times, 30 to 45 degrees. Use at least two pillows when sleeping. Apply cold compresses to your eyes to reduce swelling and bruising for 3 to 4 days. Crushed ice in a plastic bag or a bag of frozen peas works well. Keep the ice on for 30 minutes, then off for 30 minutes. Swelling will peak in 2 to 3 days after surgery. Your nose will feel stuffy because of the swelling inside. You may find a bedside humidifier helpful.
- Change the gauze dressing beneath the nose as needed. There will be blood-tinged drainage for up to 2 to 4 days. Do not rub the nostrils. If bleeding is profuse or seems excessive, please call.
- To permit proper healing please avoid activities which raise the blood pressure, such as walking, jogging, swimming, or other aerobic activity. Even bending and lifting should be restricted during the first two weeks.
- Avoid “sniffing” and do not blow your nose for 10 days. If you have to sneeze, open your mouth and sneeze through your mouth.
- You may cleanse the outside of the nostrils with 3% peroxide on Q-tips. If there are sutures at the base of the nose, cleanse them 4 times a day with peroxide and apply antibiotic ointment to the stitches. You may also gently apply some ointment just inside the nostrils with a Q-tip.
- You may shower and wash your hair the day after surgery.
- Avoid sunning the face for 1 month after surgery and wear a sunscreen for 6 months. Sunscreen should be UVA and UVB protection of SPF of 15 or higher. Primary ingredient should be one of these, Avobenzone, Zinc Oxide, or Titanium Dioxide
- Postoperative follow-up appointments are needed for suture and nasal cast removal in about 7 days. If you have any questions about your appointments, please call my office.

***If you have any questions, please contact my office.***

**Main phone: 503-581-1567**

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**When the office is closed: 503-581-1567**