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Post Rhinoplasty Patient Instructions

1. Do not blow nose for 2 weeks. If it feels congested use a nasal saline spray 3-4 times a day.
2. Change dressing under nose (drip pad) as necessary.
Leave nasal cast in place and keep it dry. It will be removed in approximately one week. If there are sutures on the outside of the nose these will be removed in approximately 5 days. If there is packing in your nose, it will be removed by the doctor when instructed. When showering, do not wet face. This can be washed with a cloth separately.
3. There are no restrictions on diet except to avoid prolonged chewing.
4. Avoid strenuous activity for 2 weeks, swimming for 4 weeks, and contact sports for 6 weeks.
5. Avoid excess facial movements, smiling, and grinning for 1 week.
6. Avoid glasses that rest on the nose for 4 weeks. If they are prescription lenses they should be taped to the forehead.
7. Avoid the sun for 4 weeks. After this period sunblock of Spf 30 or better should be used. Heat may cause the nose to swell.
8. Medications. You will be prescribed an antibiotic and something for pain. Common side effects include a rash if you become allergic, or stomach upset. Pain medication may impair cognitive function and be sedating. Avoid hazardous machinery and driving while taking it.
9. Post operative course. Expect to have some bruising around the eyes and swelling of the nose and upper lip. This subsides over 2-3 weeks. In some patients swelling of the nose may persist for up to 6 months. There may be some spotting of blood in the nose especially if no packing is placed. This will subside over 48 hours. Please call if any significant (flowing) bleeding.
10. Cleanse the skin of the nose with a mild soap after the cast is removed. Be gentle. Makeup may also be used after the cast is removed.
11. If there are any concerns or questions, please call the doctor