



RHINOPLASTY POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

You will need someone to drive you home and stay with you for the first 24 hours after surgery. Do not drive for 48 hours.

You CANNOT have anything to eat or drink after midnight prior to surgery.

The morning of surgery, you may take your usual daily medications with a sip of water, unless directed otherwise.

Please wear clothing that buttons or zips up to your surgery. Avoid slipover shirts and turtlenecks.

For the first 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 or 3 pillows. **Do NOT bend over** (e.g., reading).

Use ice compresses regularly (20 minutes on, 20 minutes off while awake).

If you have a small incision under your nose, use Polysporin ointment 3-4 times per day.

If there are nasal splints in place, insert Polysporin ointment into nostrils 2-3 times per day to keep moist.

For pain and/or discomfort use Acetaminophen (Tylenol) 500-1000mg every 4 hours as needed (to a maximum of 4000mg per day). After the first 48 hours, you can use Ibuprofen (Advil) every 6 hours as well. Stronger pain medication will be prescribed to you by Dr. Jaggi, only to be used if Acetaminophen and Ibuprofen are not enough.

Avoid lifting (greater than 10 pounds), bending, exercising, swimming, or flying for **2 weeks** following your surgery.

Your mouth and throat will be dry due to mouth breathing. Apply Vaseline on your lips and take regular sips of fluids throughout the day.

Do not blow your nose for 2 weeks. Wipe or dab gently with Kleenex if needed.

The nasal cast and paper tape under the cast must remain in place for approximately 1-2 weeks and will be removed in the office along with your sutures. **Do NOT** disturb the cast. The cast **must be always kept dry**. Avoid prolonged hot, steamy showers as this may cause the cast to loosen.

CONTINUED ON REVERSE



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Nasal plugging occurs in all cases. It is caused by swelling inside the nose. The swelling starts to go down in a few days. Use a humidifier particularly at night. Try to cough or sneeze with your mouth open.

Glasses/Sunglasses may rest on the nasal cast. Once the cast has been removed, we will instruct you on the method of taping glasses to your forehead to avoid pressure on the nose.

Contact lenses may be worn within 2-3 days after surgery.

Absolutely avoid direct sun or tanning for 6 weeks after surgery. Heat may cause the eyes or face to swell. Wear a hat and sunscreen to reduce chances of sunburn.

Wear clothing that fastens in the front or back for one week. Avoid slipover sweaters. T-shirts, and turtlenecks.

Do not be concerned if following removal of dressing, the face, nose, eyes, and upper lip show some swelling and discoloration. This usually clears in 2-3 weeks.

Wear clothing that fastens in the front or back for **1 week**. Avoid slipover sweaters, T-shirts, and turtlenecks.

Do not be concerned if following removal of dressing, the face, nose, eyes, and upper lip show some swelling and discoloration. This usually clears in **2-3 weeks**.

Once your cast and nasal splints are removed, you will start saltwater nasal rinses. You may obtain a nasal rinse kit from our office or prepare your own.

Salt-water solution preparation:

¼ teaspoon salt

¼ teaspoon baking soda

1 cup of warm distilled water

After cosmetic nasal surgery it may require 6-12 months for all swelling to completely subside.

Contact Dr. Jaggi if you develop any of the following:

- Redness or excessive bleeding from your incision.
- Severe pain, uncontrolled by pain medication.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital within 10 days of having your procedure.

You will be given an emergency contact number upon discharge