

*K. Cary Canoun MD, FACS*

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### **RHINOPLASTY SURGERY POST-OP INSTRUCTIONS**

1. You must have a responsible adult drive you home after surgery and care for you 24-48 hours after surgery.
2. Bed rest with at least 2-3 pillows under your head for the first 24 hours.
3. You may go to the bathroom as needed. After the first day, you can walk around the house but avoid bending over or picking up heavy objects. Do not blow your nose or sniff excessively as this will irritate the healing tissues.
3. Drink plenty of fluids. Hard foods should be avoided for one week.
5. Take medications according to instructions on bottles. Often the pain is well controlled with extra- strength Tylenol but can be supplemented with the stronger pain medication.
6. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find you need your pain medication less frequently.
8. Do not get your nose wet. No showers. If you have a splint on your nose, it must be kept completely dry. Carefully clean around the nostril and sutures with a Q-tip. Apply a very thin layer of antibiotic ointment to the sutures for 3 days. Do not blow your nose. Do not put anything inside your nose.

#### **You can expect the following:**

1. Moderate discomfort – use Extra-strength Tylenol or pain medication as prescribed. No Aspirin, Motrin, or Vitamin E. After, the first 24 hours, extra-strength Tylenol may be sufficient.
2. Moderate to significant swelling around eyes and cheeks.
3. Noticeable amount of black and blue discoloration around eyes.
4. Moderate swelling of the nose.
5. Some slight bleeding from the nose, especially the first day.

#### **Call me if you have any of the following:**

1. Severe pain not responding to the pain medication.
2. Marked swelling or bleeding.
3. If you have increased redness, drainage, or pain along the incision
4. Any other questions or concerns.

**Additional Instructions:**

1. No smoking or exposure to smoke.
2. Do not do any heavy lifting for 2 weeks after surgery.
3. Do not lean over with your head lower than your chest.
4. Apply a thin layer of antibiotic ointment to the suture line for 5 days. It is important to keep the incision clean.
5. You may bathe or shower two days after surgery.
6. You may wash your hair in the shower five days after surgery (do not lean over the sink). Dry with towel or cool dryer. Do not sit under a hot dryer.
7. Do not wear make-up on your nose of any kind until the sutures are removed.
8. Avoid exposure to the sun and/or heat for three months.
9. No sports or strenuous activities for 6 weeks following surgery, including exercise walking.

**Follow-Up Office Visits:**

1<sup>st</sup> Visit: 5 days after surgery. Sutures and external nasal splints and steri-strips will be removed at this time.

2<sup>nd</sup> Visit: 2 weeks after surgery.

First Post-op Visit: Date \_\_\_\_\_ Time \_\_\_\_\_

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