

Postoperative Care of Rhinoplasty



Week 1 (Beginning the day after surgery):

DO: Keep splint as dry as possible. You may shower normally. Stay around the house and take it easy, do not sweat. Call the office if the dressing comes off.

DO: Sleep on your back with the head of the bed elevated 30-45 degrees.

DO: Continue ice compresses as much as possible for three days following surgery. (After the first night they do not have to be continued during sleep.)

DO: Take a decongestant/antihistamine combination product if you get a cold or feel congested. This may decrease drainage; however, it will not improve stuffiness very much due to swelling for 7-10 days. It may cause drowsiness, so do not take it unless needed.

DO: Maintain a sitting or standing position as much as possible to reduce swelling. Remember to rest when you tire.

DO: Clean outside incisions (if they were required for surgery) with peroxide or a Q-tip and apply Vaseline four times a day. You may gently clean inside the nose with peroxide as well.

DO: Use saline nasal spray as often as you wish to help clear out some of the dried blood from inside the nose.

DO: Wear mustache dressing as much as needed to catch any drainage.

DO: Apply lipstick with lip brush only.

DO: Brush upper teeth very carefully.

DO: Open mouth if sneezing occurs.

DO: Use a decongestant nose spray such as Afrin or Neo-Synephrine if bleeding should occur. Remain quiet; most bleeding will stop on its own. If bleeding continues for 10 minutes, call the doctor.

DO NOT: Bend over or lift heavy objects.

DO NOT: Bump or hit the nose.

DO NOT: Sniff or forcefully breathe through the nose.

DO NOT: Put anything in your nose unless specifically directed to do so.

DO NOT: Wipe nose with Kleenex or handkerchief, use the drip pad.

DO NOT: Blow nose for seven days.

DO NOT: Grin or smile excessively.

DO NOT: Eat chewy foods for one week.

DO NOT: Engage in strenuous exercise for two weeks. No diving or skiing for two months and no contact sports for three months.

Week 2:

DO: Apply Vaseline inside the nostrils and press nostrils together if crusting occurs.

DO: Wash nose with mild soap (Ivory or Neutrogena) and cotton ball.

DO NOT: Wear glasses directly on the nose. This could permanently disfigure the nose. Glasses should be suspended with tape or cheek pads for at least six weeks.

Remember:

- The nose will be very swollen for about two weeks after surgery. It takes about six to nine months for 90% of the swelling to go away.
- The tip of the nose will be numb for several months.
- Most importantly, remember to contact the office if questions or problems occur.

For Questions or Emergency Care:

Call the office at **601-815-3374**. You may need to speak with the doctor on-call.