

Patient Name: _____ Date: _____

POST OPERATIVE INSTRUCTIONS AFTER RHINOPLASTY

Next Appointment

Date: _____

Time: _____

1. Dressing Care

- Leave dressings in place until instructed.
- Do not remove Splint (will remain on about 1 week).
- You may reinforce dressing under nose or change dressing.
- Keep head elevated at least 45 degrees.
- May shower when instructed.

2. Activity Restrictions

- Avoid strenuous activity for 2 weeks.
- Avoid hitting or rubbing your nose.
- Do not blow your nose.
- Do not wear glasses resting on your nose.

3. Diet

- No restrictions on eating.

4. Medications

- Take prescribed pain medication as needed.
- DO NOT TAKE ANYTHING with aspirin or aspirin like drugs for 10 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

5. What to Expect

- You will not be able to breathe through your nose. Your mouth will be very dry.
- We recommend keeping ice chips, water and having a humidifier by your bedside.
- You may have a dull headache.
- You will experience bruising around your eyes.
- You may experience a little bleeding.

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202-741-3241** or the plastic surgery fellow on call at 202-715-4141.