Postoperative Care of Rhinoplasty

Week 1 (Beginning the day after surgery):

DO: Keep the splint as dry as possible. You may shower normally. Stay around the house and take it easy, do not anything that will cause you to 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 two days following surgery. (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 due to swelling for 7-10 days. This may cause drowsiness so do not take 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 and are not covered by the dressing) 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 needed to catch any drainage.

DO: Apply lipstick carefully.

DO: Brush upper teeth carefully.

DO: Open mouth if sneezing occurs.

DO: Use a decongestant nasal spray such as Afrin or Neo-Synephrine only if bleeding should occur. Remain still; 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: Blow nose forcefully for seven days.

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 a mild soap (Ivory or Neutrogena) with a 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 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 with questions or if problems occur.

For Questions or Emergency Care:
Call the office at 601-984-5160. You may need to speak with the doctor on-call.