

Rhinoplasty (Nose correction surgery) Post Operative Instructions

These are some guidelines to help you during your recovery. They are not meant to be all-inclusive and you should call the office if you have additional questions or concerns.

1. Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products (including herbals or supplements) to minimize the chance of bleeding during your operation.
2. You will need a family member, spouse, or friend bring you to and from the medical facility. You will not be able to transport yourself home after surgery.
3. The surgery generally takes approximately 45 minutes to 1.5 hours to perform.
4. Prescriptions for an antibiotic and pain medication will be given prior to your discharge home. Please take the full course of the antibiotic as directed and pain medication as needed.
5. The first post op visit to the office will take place 5-7 days after your procedure. We highly recommend you call the office or have a representative call to make the appointment.
6. You may have packing inside each nostril and a splint on the outside of your nose. Do not remove either of them! If you have packing, it will be removed on your first post-operative visit. It is normal to experience bleeding and draining from your nostrils for a day or two following removal of the packing. You may tape gauze under your nostrils to catch the drainage.
7. Your incisions will be closed with absorbable sutures inside your nose or you may have 1-3 sutures closing the skin on the outside of the nose. The sutures inside the nose do not have to be removed. They will disappear by themselves. The sutures on the outside of the nose will be removed in the office on the 5-7th day following your surgery.
8. You will be very swollen and possibly bruised after surgery. It may take several days to weeks before the swelling and bruising goes away. Do not be alarmed, this is normal.
9. Keep your head elevated between 48-72 degrees at all times after your surgery (even to sleep). You may do this with extra pillows or in a recliner chair. This will help reduce the swelling following the surgery.
10. You may use ice packs (wrapped in a moist washcloth or towel) for 15 minutes on and 15 minutes off to reduce swelling and bruising (Frozen vegetables make excellent ice packs).
11. You may shower in 24-36 hrs following your procedure, but do not “scrub” the incisions. If the incisions are crusty you may also use a Q-tip with soap and water. Apply a very thin layer of Vaseline or Aquaphor to the incisions 2-3 times per day to minimize crusting.
12. If you experience high fevers (T. 101), excess drainage from the incision(s), excessive swelling, redness, pain, or foreign body sensation that is getting significantly worse, please contact the office at (302) 888-0508. Also, if you experience sudden visual changes, please call the office.