

## Post-Operative Instructions for Rhinoplasty

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (775) 284-2020.

**In recovery:** you will have a splint taped over your nose. This will be removed at your 1 week post op visit. Initial nasal drainage is expected for about 4 hours after surgery. Change "drip pad" gauze under your nose as needed. Do not make these bandages tight. If You have packing in the nose; it will typically be removed by the surgeon within a few days after surgery.

**First night home:** Restrict your general activity to bed rest for the first night, getting up only to use the restroom with help. Drink plenty of fluids to help rid your body of the anesthetics

**Medications:** Be sure to take your medications as prescribed. Please note first 3-5 days are the toughest. Swelling and discomfort gradually increase over the first 3 days and then will gradually subside. Don't be alarmed if things feel worse before they get better (for example, day 2 you might feel better than day 4 – that's normal).

Pain Medication (Percocet or Norco): Only to be used as needed for 3-5 days. Always eat something before taking Narcotic regardless of time to help prevent nausea. **Narcotics may cause constipation;** you should take over the counter stool softeners. Colace is a good option but if you are prone to constipation, Miralax or Milk of Magnesia might be a better choice for you. Please prophylactically start taking a stool softener as directed the night of your surgery and continue to use while on the Narcotics. After 5 days, you may switch to Tylenol and after 2 weeks you may use ibuprofen.

Anti-nausea medication (Zofran or Phenergan): If you get nauseated with pain medication; take your anti-nausea medication 20 minutes before pain pill.

Antibiotics (Keflex or Clindamycin): You will be instructed on when to start your antibiotics on the day of surgery.

Medrol dose pack: You will be instructed on when to start this medication on the day of surgery. Complete 5 day course as directed by pharmacy.

**Diet:** Clear liquids or a soft bland diet is recommended the first night home(i.e. bullion, apple juice, crackers, and jell-o). If you are able to tolerate a bland diet you may resume a normal diet.

**Hygiene:** May wash from the chest down making sure to keep dressings clean and dry. You may gently cleanse face around splint. When washing hair be sure to let wash and soap run back away from splint. Do not submerge incisions under water until completely healed without scabs (approx. 4-6 weeks).

**Position:** When **sleeping and resting** stay on your back and keep your head elevated about 45 degrees and place a pillow under your knees for the first week. You must change your position or get up and move around every 2 hours to reduce the dangers of blood clots.

**Activity:** Day after your surgery walk around inside every 2 hours while awake (2-5 mins). First week is mostly resting, getting good nutrition and staying hydrated. Avoid bending over to pick things up from the floor for one week, bend at the knees. If you have to sneeze, do so with an open mouth.

Second week you can start to do minimal activities with periods of rest. You will be able to return to **non**-strenuous work approximately 1-2 weeks after surgery.

First 3 weeks after surgery, NO aerobic exercise/activities that raise your heart rate or blood pressure. NO heavy lifting, pushing or pulling of 10 lbs. or more for 6 weeks. Approximately 6-8 weeks post op strenuous activity will be allowed.

**NO HOT or WARM compresses. NO COLD or ICE compresses to the area.**

**You can expect:** You will be seen for your **first post op visit** 1 week after your surgery.

-Moderate discomfort, which should be relieved with the pain medications.

-Difficulty breathing through your nose for the first week.

-Bruising around the eyes, which will become more noticeable over the first week.

-Possible blood-shot eyes.

-No alcohol for 1 week after surgery or while on pain medications.

-No smoking for a minimum of 3 weeks following surgery.

-It can take up to 2 years for the scars to fade.

**Call the office if you experience:**

-Severe pain not responding to pain medications.

-Excess swelling or swelling that is greater on one side than the other.

-A bright red spot on the bandage which continues to enlarge or bright red blood in drains that seems to be clotting.

-Incisions that appear to be opening or becoming very red, hot to the touch or containing pus

-Any type of allergic reaction symptom such as rash, itching, etc.

-A fever over 100.4

-Call if you have any questions at **(775) 284-2020**.