

RHINOPLASTY POST-OP INSTRUCTIONS

- Cool compresses to eyes and forehead for first 48 hours (20 min on, 20 min off WHILE AWAKE)
- Change drip pad under your nose as needed after surgery.
- Sleep on three to four pillows or in a recliner for a week to decrease swelling.
- Remove drip pad in the morning the day after surgery.
- Begin your cleaning in the morning the day after surgery.
- Clean nostrils with Liquid Dial soap, sterile saline and Q-tips 3 times a day; then apply Vaseline ointment into nostrils and on sutures;
- Use Nasal Saline Spray into nostrils 5-6 times a day.
- Keep nasal cast/splint dry. (You may shower the day after surgery.)
- Do not blow your nose for 1 week post-surgery.
- Sneeze with your mouth open.
- No driving for three days.
- No heavy lifting or exercise for 2 weeks.

EXPECTATIONS

- You will experience discomfort and bruising around eyes and nose the first few days.
- The nose will be swollen internally and externally for several weeks after surgery. Final results take 1 year!
- Bloody drainage occurs for 1-2 days.
- Avoid sun or windburn for six months after the procedure.

MEDICATIONS

- Keflex 500mg (Cephalexin) twice a day for 1 week.....antibiotic
- Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hours as needed.....pain
- Celebrex 200mg take once a day as directed.....inflammation
- Ativan 1mg (Lorazepam) as needed.....1 tablet every 8 hours. . . anxiety and sleep
- Nasal saline spray (Ocean), 4-5 sprays in each nostril 5-6 times per day.
- SinEcch take as directed (begin day before surgery).....inflammation and bruising

FOLLOW-UP VISITS

- You will be seen in the office in one week for suture removal. Please call Dr. Gross at 407-333-3040, if you have questions or concerns. If you have an emergency, call 911.

I have received a copy of the above instructions and agree to follow them

X _____ Date _____