

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. Use for 2 weeks.
- 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, for 2 weeks.
- ☐ Arnica 30X 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 (321) 356-4396, 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 _____

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RHINOPLASTY

INSTRUCTIONS AFTER CAST REMOVAL

- Sleep on three to four pillows for an additional week to decrease swelling.
- Continue Nasal Saline Spray into nostrils 3 times a day for 1 more week.
- Continue Vaseline to nostrils and suture areas 2 times a day for 1 more week.
- At the end of the 2nd week, begin to apply Scar Fade gel to suture areas twice a day and continue for one month.
- You may begin to blow your nose gently during this week.
- Sneezing is permitted.
- No heavy lifting or exercise for 1 more week. You may return to full exercise routine at the end of the second week.
- No contact sports for 3 months.
- You may return to school or work the day your cast is removed (day 7).

EXPECTATIONS

- You will experience swelling at the tip of the nose.
- The nose will be stuffy for a few weeks due to internal swelling.
- Remember, final results take 1 year. Please be patient.
- Avoid sun after the procedure and use 30 SPF as needed.

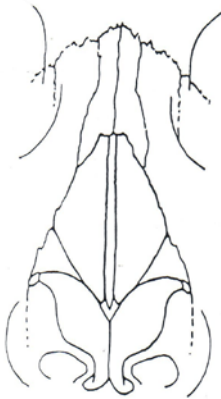
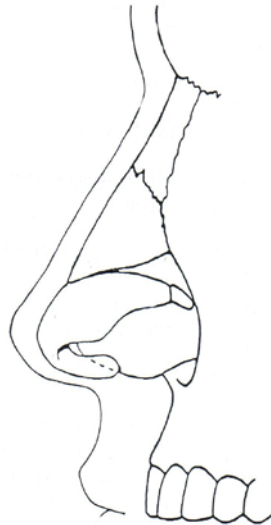
FOLLOW-UP VISITS

- You will be seen in the office in 2-3 weeks for a check-up.
- Thereafter, the schedule is 6 weeks, 3 mos., 6 mos., 9 mos. and 1 year.
- Aesthetician visit after cast removal to clean the nasal skin.
- Please call the office with any questions.

POST- RHINOPLASTY COMPRESSION EXERCISE INSTRUCTIONS

Compression exercises are beneficial to reduce swelling in certain areas of the nose following rhinoplasty. Since the nose retains fluid (for up to a year) following surgery, the massaging motions and compression help push the edema or tissue fluid out of the skin and subcutaneous tissues. This can help mold the nose into a more refined, narrow shape as well as straighten the nose. Remember, the swelling (and it's resolution) are not always even or symmetric. Therefore, the compressions can make the nasal shape more symmetric, straighter, and even.

- Compression exercises and fingertip massage of the nose may be recommended to reduce swelling in certain areas. These are done 3 times a day for 3 minutes.
- Apply slow steady fingertip pressure to swollen areas of nose for 30 seconds each.
- Do this for approximately 3 minutes in the directed areas.
- Perform compression exercises as directed until instructed to stop by Dr. Gross.
- Generally, these are done for a minimum of 1 month and may be recommended for an entire year.



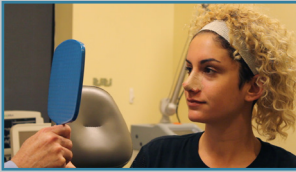
Home Care

After a Rhinoplasty

After surgery, patients may feel puffiness in the face, and there may be bruising around the eyes and nose. **Dr. Gross** will give you instructions on how to care for your nose after surgery. At-home care typically includes taping and massaging the nose to ensure optimal results.

NOSE TAPING AFTER RHINOPLASTY

- Our patients receive Micropore 3M tape after surgery.
- It is recommended to begin taping 2 to 3 weeks after surgery.
- Patients should tape nightly for 2 to 3 months.
- Steps to Tape Your Nose:
 - 1 Cut strips to be about 2 inches in length.
 - 2 With the first strip placed just above the incision, lift the tip up.
 - 3 Press the tape firmly on the side of the nose.
 - 4 Pinch the tip so it "kisses" the tip of the nose.
 - 5 Reinforce the first strip, with a second piece of tape on the tip of the nose.
 - 6 Next, you'll want to tape the supra tip down.
 - 7 Continue up the nose with a total of about 10 strips along the nose.
 - 8 This technique allows the swelling to drain out of the sides and lift the tip up.



HOW TO REMOVE TAPE AFTER A RHINOPLASTY

- It is recommended to leave the tape on overnight and remove it the next morning. When the tape is removed, the nose is less swollen and the tip is lifted.
- To do this, start at the top and hold your skin tight as you lightly pull the tape off. The tape comes off fairly easy.
- Continue removing the strips of tape until you get to the final piece on the tip of the nose. Be careful to not irritate the skin as the tape is removed.



NASAL MASSAGE AND DIGITAL COMPRESSIONS FOLLOWING RHINOPLASTY

- Often times after surgery, there is swelling along the nasal sidewall and on the nasal tip.
- About 2 to 3 weeks after surgery, digital compression (nasal massage) is recommended to help reduce swelling.
- Rhinoplasty patients should perform nasal massage for 2 minutes, 2 times a day, for 2 to 3 months.
- Begin by compressing at the bridge of the nose. Use your index fingers to make small circles as you compress inward and move down the bridge of the nose in 5 to 10-second intervals.
- Apply pressure as though you are kneading bread. Not too hard so you don't disrupt the nasal membrane or the structure of the nose.
- Stop at the tip area and go back to the top to repeat the same motion for 2 minutes.

