

RHINOPLASTY POST-OP INSTRUCTIONS

- Cool compresses (frozen peas) to eyes and forehead for first 48 hours (20 min on/off) while awake.
- Change drip pad under your nose as needed after surgery. If drainage has stopped, you may remove and discard the drip pad the morning after surgery.
- Sleep elevated on 3-4 pillows or recliner chair for a week to decrease swelling.
- Begin cleaning incision site the day after surgery: Clean Columella incision and nostrils with Sterile Saline or distilled water with Q-tips 3 times a day; then apply Gentamicin Ointment. Use Saline Spray – sniffing in, 5x/day to both nostrils.
- Do not blow your nose for 1 week after surgery. **Do not attempt to remove your cast!**
- Keep nasal cast/splint **dry** all week. *You may shower the day after surgery from the neck down.
- Sneeze with your mouth open.
- No driving for three days/ No heavy lifting, extreme exercise or running for 2 weeks.

EXPECTATIONS

- Social distance 1 week before surgery and 1 week after.
- You will experience discomfort and bruising around eyes and nose the first week.
- Bloody drainage from the nose occurs for 1-2 days.
- The nose will be swollen internally and externally for several weeks after surgery.
- Asymmetric swelling is not uncommon. Final results take 1 year – 18 months.
- Avoid sun and sunburn for six months after the procedure.
- Temporary lip swelling, Smile can be off, Teeth pain or numbness is not uncommon.
- Blurry vision the first week with eye swelling in not uncommon.

MEDICATIONS

- Doxycycline 100mg 1 tablet twice a day for 3 days/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) 1 tablet every 8 hours as needed/anxiety and sleep
- Arnica dissolve under tongue (begin day before surgery) /inflammation and bruising
- Scopolamine Patch- transdermal – Helps prevent post op nausea- bring to surgery
- Phenergan 25mg – 1 tab with hydrocodone every 6 hrs as needed for /nausea

Follow up Appointment: _____

Primera call or Text 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: _____ Time: _____