



# Rhinoplasty Post-Op Instructions

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Use over the counter Tylenol or Ibuprofen as directed by manufacturer for pain. Additional prescriptions for pain medication and antibiotics will be given prior to your discharge. \*Do not drive or work while taking prescription pain medication\*

You may have packing inside each nostril and a splint on the outside of your nose. Do not remove. 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 the removal of the packing. You may tape gauze under your nostrils to catch the drainage.

You will be swollen and possibly bruised after surgery. It may take several days or weeks before the swelling and bruising goes away. Do not be alarmed, this is normal.

Keep your head elevated for 48-72 hours at all times after your surgery (even while sleeping). You may do this with extra pillows or in a recliner chair. This will help reduce the swelling following the surgery.

Use ice packs (wrapped in a damp washcloth or towel) for 15 minutes on and 15 minutes off to reduce swelling and bruising (frozen vegetables make excellent ice packs). Place ice packs on the eyes and cheeks. Do not place ice pack directly on nasal cast.

You may shower 24-36 hours following your procedure. Do not scrub the incisions. If the incisions are crusty, you may use a cotton swab with hydrogen peroxide. Apply a very thin layer of Vaseline or Aquaphor to the incisions two to three times per day.

If you experience high fevers (102 °F or higher), excess drainage from the incision(s), excessive swelling, redness, pain or foreign body sensation that is getting significantly worse, please contact our office. If you experience sudden visual changes, please contact our office.

Your post-op appointment will be scheduled by our office five to seven days after your surgery.