

A NEW FACE<sup>SM</sup>: Facial Plastic Surgery  
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**POST-OP INSTRUCTIONS – RHINOPLASTY**

**PATIENT NAME:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**After Surgery:**

1. Ice packs should be applied as soon as the surgery is complete and continued after you return home from your surgery. You should apply ice packs to your eye area for 48 hours after your surgery. You can place ice into gauze pads, or you may substitute bags of frozen peas for ice if this is easier. The ice should be applied for 30 minutes at a time with a 30 minute rest between applications.
2. Sleep with your head elevated approximately 35 degrees as much as possible. This will usually help with any delayed swelling. You will need to do this at least for the first 2-5 days, until we remove the splint.
3. The drip pad at the base of your nose may need to be changed as often as 4-6 times per hour for the first 24 hours and then the drainage will dramatically decrease. If the pads continue to saturate and the bleeding does not decrease after several hours, this should be considered excessive, and you should call the office at 706-844-2871. If it is after hours, call the **answering service at 1-888-993-4918**.
4. We will give you an appointment to remove the splint and tape approximately on day 5-8 after your surgery unless otherwise specified by the doctor. The splint should be kept dry until the day it is removed. The morning of the splint removal, you may get it wet in the shower but do not attempt to remove. After the splint is removed, you will begin cleaning the nose.

**Cleaning Instructions: AFTER THE SPLINT IS REMOVED**

1. You will need to clean the inside of the nostril with peroxide on a q-tip approximately 4 times a day and then lubricate the inside of the nostril with antibiotic ointment.
2. You will need to use normal saline spray (found over the counter at the drug store) as much as desired but at least 3-4 times per day. The more the better. This will help irrigate the nose and keep it moist while healing.
3. You may experience some nasal congestion (similar to a cold) on and off for about a month after your nasal surgery. This is normal and part of the healing process. Remember, do not blow your nose for about a month. If you need to clear the nose, you may gently sniff and swallow.
4. Do not wear glasses for approximately 4-6 weeks. If glasses are needed, you may tape them to your forehead rather than allowing them to rest on your nose. This could cause an indentation on the nose.
5. Bending over may cause some excess nasal pressure and should be avoided for a few weeks after surgery. If needed bend at the knees.
6. If you have any questions or concerns following your surgery, do not hesitate to call the office. Our phone number is 706-844-2871.

*The above instructions have been explained to me and I understand the contents.*

**Patient Signature** \_\_\_\_\_ **Date** \_\_\_\_\_