

POST-SURGERY INSTRUCTIONS: RHINOPLASTY

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome. Included here are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch for following nasal surgery include:

Swollen, tight and bruised nasal and cheek region, including bruising and swollen eyes. Nasal stuffiness, post-nasal drip and headache. Numbness or swelling in the region of the nose, lips and cheeks. These are normal experiences as the skin, facial bones, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort.

Consistent sharp pain should be reported to our office immediately.

To alleviate any discomfort, and to reduce swelling, you may apply soft, cool (not cold) compresses over your eyes and nose. Do not apply ice or anything frozen directly on the skin. Do not apply anything cool on your cheeks or neck. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply any compress gently; do not apply any pressure. Apply cool compresses for no longer than 20-minute intervals, and ensure that you do not fall asleep with them. Do not apply any heat.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Excessive bleeding or fluid seeping from the nose or mouth.**
- **A severely misshapen appearance, excessive bruising or fluid retention that is localized to the side of your face or nose.**

SPLINTS

- You may have a splint over your nose to protect and support nasal structures as you begin to heal. **Do not remove this splint for any reason**, unless directed specifically by Dr. Tanna.

PACKING

- Nasal packing may be used to help support nasal structures during initial healing and to prevent drainage from secreting into your throat. **Do not remove packing for any reason**; only Dr. Tanna can remove your packing.

NO SMOKING OR ALCOHOL CONSUMPTION

- **This is very important.** Smoking, vaping, or other forms of nicotine consumption will disrupt wound healing. Do not consume any nicotine or alcohol for at least 3 weeks after surgery.

ACTIVITY

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated. Do not bend forward or over.
- **Do not blow your nose for any reason.** If you must sneeze, do so through your mouth.
- **Relax.** Do not engage in any stressful activities, and do not resume any exercise routine other than walking. Take care of no one, including yourself. Let others tend to you.

SHOWERING

- **You may shower after surgery, but make sure your face does not get wet.** It is very important to keep the splint on your nose dry at all times.

DRESSINGS

- **Change your dressings:** you may have gauze taped beneath you nostrils. These will become soiled with blood and drainage. It is okay to change these frequently. This is important to hygiene and for your comfort.
- **Do not remove any steri-strips or crusting near your stitches.**

SLEEPING

- **Keep your head elevated while sleeping.** This will reduce swelling and will be more comfortable for you. Do not sleep flat or on your stomach.

NUTRITION

- **Fluids are critical following surgery.** Stick to cool, non-carbonated, non-alcoholic, caffeine-free, sodium-free and green tea-free beverages including fruit juices and water, milk and yogurt drinks. Do not drink anything hot or frozen. Drink from a sip cup or a straw if that is more comfortable. You must consume at least 8 ounces of fluid every 2 hours. Stick with liquid, bland, nutritious food for the first 24 hours.

MEDICATIONS

- **Take all oral pain medication and antibiotics as prescribed.** For less severe pain, use over-the-counter Tylenol.
- **Do not consume 4000 mg of Tylenol (acetaminophen) in a 24-hour period.** Prescription pain medication can contain acetaminophen (Percocet contains oxycodone and 325 mg acetaminophen), so watch all possible sources.

YOUR FIRST YEAR

- **Your appearance will continue to refine.** It may take a year for all swelling to resolve and for your nasal appearance to settle to a final outcome. A rhinoplasty is one of the most intricate of plastic surgery procedures and healing is often unpredictable as delicate nasal bones may shift in healing. The outcomes may not be as expected. In some cases a secondary procedure may be recommended to refine your outcomes.
- **Your appearance will change with age.** Like any facial feature, your nose can change as you age. Call us at any time with any of your questions or concerns.