

Postoperative Instructions for Rhinoplasty/Septoplasty

No Smoking for as much time as possible prior to surgery (at least 2 weeks), and at least 2 weeks following surgery. Nicotine causes vasoconstriction (narrowing) of vessels, which decreases the amount of oxygen and nutrients needed to heal.

Do not make decisions or sign legal documents, drive or operate heavy machinery or drink alcohol for 24 hours after your procedure. Be in the care of a responsible adult for the first 24 hours after your procedure.

WEEK 1

DO:

- Remove nasal gauze packing the morning after surgery. This will come out easily using fingertips or tweezers.
- Keep nasal cast as dry as possible. Notify Clinic if the cast comes off.
- Sleep on your back with head of bed **elevated** 30-45 degrees. Sleeping alone is recommended for 2 weeks.
- Continue **ice compresses** to your eyes and cheeks as much as possible for 3 days following surgery. (After the first night they do not have to be continued during sleep)
- Maintain sitting or standing position as much as possible to reduce swelling.
- Remember to rest when you tire.
- Clean outside incisions (if they were required for surgery) with **hydrogen peroxide** on a Q-tip and apply **Vaseline** 6 times a day.
- Wear mustache dressing/drip pad as much as needed to catch any drainage.
- To apply lipstick, use a lip brush only.
- Brush upper teeth with finger and washcloth.
- Sneeze with your mouth open.
- Use a humidifier if your nose starts feeling excessively dry.

DO NOT:

- Bend over or lift heavy objects. Do not bump or hit nose.
- Tweeze eyebrows for 1 week.
- Wear contact lens until after 1 week post-op.
- Use salon hair dryer for 1 week; however, **it is okay to use hand-held hair dryer**
- Sniff or forcefully breathe through nose.
- Put anything in your nose unless specifically directed to do so. Do not wipe nose with Kleenex or handkerchief, do use the drip pad.
- Blow nose for 10 days, then blow both sides at the same time only. Do not grin or smile excessively.
- Eat chewy foods for 1 week.

- Engage in exercise for 2 weeks. No diving or skiing or contact sports for 6 weeks.
- Use nasal sprays unless nosebleed occurs - do use Afrin in this case. Call the doctor immediately if the bleeding does not stop.
- Use Afrin Nasal Spray until after 1 month post-op (other than for rare case of nosebleed).

WEEK 2

DO:

- You may use steroid or saline nasal spray after 1 week post-operatively.
- Apply Vaseline inside the nostrils and press nostrils together if crusting occurs.
- Do wash nose with mild soap (Dove or Cetaphil) and cotton ball.

DO NOT:

- Wear **glasses** directly on your nose. This could permanently disfigure nose. Suspend glasses with tape or cheek pads for at least **6 weeks**.

REPORT TO THE CLINIC ANY:

- Temperature elevation over 101°F.
- Redness or swelling at the surgical site.
- Excessive bleeding or discharge.
- Development of any drug reaction.
- Worsening nausea or vomiting

REMEMBER:

- Your nose will retain some swelling for several months. The final result may not be apparent for a year or more, so be patient.
- Arnica Montana helps reduce bruising and Bromelain reduces inflammation after surgery. Both are over the counter supplements that can be found in your local drug store or on Amazon.

Post-Op Appointments: _____

Antibiotic Prescription: _____

If you have any questions, please call the office @ 973-394-1815.