

## Rhinoplasty Instruction Sheet

### Before surgery:

- You must arrive to the hospital on an empty stomach. This means nothing at all to eat or drink after midnight on the night before surgery. This includes all foods, liquids, gum, candy, mints, etc.
- Surgery will be canceled if you do not have a completely empty stomach. The only exception is medications, which can be taken if instructed to do so with a sip of water.
- The hospital will provide an exact arrival time for the hospital/surgery center. Call the day before to get your time.

### What to expect after surgery:

- Side effects from the anesthesia may last up to 24 hours after the end of the operation. You may feel dizzy, sleepy, or a little confused.
- Swelling of the nose, both inside and out, is expected after rhinoplasty surgery. This makes the nose appear swollen, and inhibits breathing through the nose. The swelling worsens for the first 48 hours after surgery, and then begins to improve.
  - Most of the swelling will resolve over the first 3-4 weeks after surgery, but there will be some continued changes in the appearance of the nose even after this.
  - Swelling can be minimized by the following precautions:*
    - Keep the head elevated as much as possible. This should include sleeping in a recliner, or with extra pillows on the bed.
    - Ice the nose using a bag of frozen peas or corn. Use the packs for 15 minutes every hour while awake. If you have a splint over the nose, just apply the cold packs directly over the bandage.
- Some bloody drainage from the nose is expected. Using the mustache dressing to help catch this drainage is helpful. When the drainage stops, you no longer need to use this bandage. This typically last 24-48 hours.
- Avoid strenuous activity, leaning over and nose blowing. These things can cause a nose bleed.
  - If you do have severe nose bleeding*, use Afrin spray (oxymetazoline) 3 sprays on the affected nostril for any bleeding. This may be repeated every 5 min. or so. This medication can be addictive, so only use it for significant bleeding.
- The nose will be sore to touch, but generally is not very painful. Avoid trauma to the nose, as well as rubbing or other pressure on the nose. This is very important to avoid disrupting the delicate work which was done during surgery. You will be prescribed a medication for pain. Use this as needed according to the prescription.
- Bruising after surgery can range from mild to substantial. This can be covered with makeup, but will resolve after 2-3 weeks.
- Slight elevation in temperature is expected for 24-36 hours. If the temperature goes over 101°F, or is associated with any other serious symptoms, contact the office.

**Activity and care:**

- No heavy lifting or strenuous activity (lifting more than 15 lb) for 2 weeks
- No nose blowing! Use nasal saline spray at least 3 times a day and more often if needed
- The standard rhinoplasty incision runs under the bottom of the nose, and up inside the nostrils. Clean any blood and or crust with a cotton ball or Q-tip dipped in peroxide. Apply a small amount of Vaseline or antibiotic ointment to this area after cleaning. Clean this area at least twice a day, or more often if needed.
- Bathing and showering is okay, but keep the nasal dressing dry.

**Diet:**

- There are no dietary restrictions after rhinoplasty. Advanced your diet as tolerated as you recover from the anesthesia.

**Medication:**

- Use your prescription medications as prescribed. You will be given a prescription pain medicine, and possibly a medication for nausea.
- Your Doctor may elect to give you an antibiotic. If this is the case, take as directed until it is gone.

**Follow up appointment:**

- You should receive a followup appointment before you leave the hospital/surgery center. This is typically 7-14 days after surgery. If you do not have an appointment made for you, please call the numbers above to schedule your post op check.

**Shopping list:**

- Here are a list of supplies you may find useful after surgery:
  - Frozen peas or corn (for use as ice packs)
  - Cotton Balls and Q tips
  - Hydrogen Peroxide
  - Vaseline (small container)
  - Sinus Rinse Kit
  - Nasal saline
  - Gauze for mustache dressing
  - Arnica Montana (herb to reduce swelling and bruising, follow directions and start the day of surgery)