

## After Rhinoplasty Instructions

Please have someone remain with you the first night after surgery. You do not need medical care, only “TLC.”

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

**Medications** (you may be given all or some of the following medications depending on your surgery):

- Antibiotic: It is **very important** to take this medication till it is gone.
- Pain Medication: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Anti-Nausea Medication: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Stool Softener: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Muscle Relaxant/Anti-anxiety Medication: This will help relax the muscles involved in your procedure, which will help with pain control and should help you sleep.

Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first. If your stomach becomes irritated or upset, stop the medication.

**Do not use Ibuprofen or aspirin containing products which may increase your chances of bleeding complications.**

**Surgical site care:**

- Leave tape in place.
- You may take a shower the day after your surgery. You may shampoo your hair and wash your face. Be careful not to apply pressure to the nose, bend head too far forward or upside down.
- Do not peel off tape.
- You may wear make-up to cover any residual bruising after the 5<sup>th</sup> day after your surgery. Our Mercy Clinic Medical Spa staff can help you with the cover up if needed.

**Activities:**

- Sleep with head of bed elevated 30 degrees. Sleeping on two pillows will be more comfortable and helps to keep swelling down. Sleep on your back for 5 days. Be sure to wear comfortable button-up shirts.
- **No heavy lifting for two (2) weeks.**

- Ambulate today/ tonight.
- 20 pound lifting limit.
- For the week following your procedure:
  - Avoid nose blowing.
  - Sneeze with your mouth open.
  - Use nasal irrigation kit **provided by surgery center** (MAD 3 cc syringe, 1000ml normal saline, gauze pads)
  - Irrigate nose with saline spray 3ml each nostril 5 times a day.
  - Clean nostrils twice a day with peroxide on q-tips, then swab inside the nostril with antibiotic ointment.
- Avoid strenuous activities, getting overheated and sunbathing for at least three weeks.
- Do not blow your nose, cough or strain which may raise your blood pressure.
- DO NOT BEND YOUR HEAD DOWN.
- Do not drink alcohol for at least 3 days after your procedure.
- Avoid sexual activity for a minimum of two weeks after your procedure.
- **You may return to work after your 1 week follow-up visit as long as there are no complications.**

**Diet:**

- You should start resuming your normal diet gradually. Start with thin or thick liquids and advance to a general diet as tolerated. No restrictions.
- Do not drink any alcoholic beverages for 3 days. Never drink alcoholic beverages while on prescribed pain medication.

**Follow-up appointments:** (Please call the Mercy Clinic Medical Spa at 417-820-9340 to schedule your appointment.)

- 1 week after surgery: If you have splints they will be removed at this visit. Please take 1-2 pain pills prior to the visit to minimize any discomfort.
- 1 month: Monitor healing after surgery.

**Watch for the following signs and symptoms, and notify Physician immediately if these occur:**

- Fever or blistering.
- Redness that looks like sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one-sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Please call the Mercy Clinic Medical Spa at 417-820-9340 if you have any questions.