



NORTHEAST PLASTIC SURGERY
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Rhinoplasty

Post-operative Instructions

- ▶ Your post-operative appointment is scheduled for _____.
- ▶ You may continue to have some bleeding that should subside in 4-7 days.
- ▶ You will have some swelling that should subside over the next 1-2 weeks.
- ▶ Your nose may be blocked for the first week after surgery; this is from blood, mucous, and swelling inside your nose.
- ▶ You may also have packing or an internal splint in your nose for the first 5-7 days. This will be removed by your healthcare provider.
- ▶ Things you should avoid post-operatively:
 - ▶ Do not blow your nose for 1 week after surgery.
 - ▶ Do not insert anything into your nose.
 - ▶ Use diluted hydrogen peroxide to clean the outer part of the nostrils. You may also use an antibiotic ointment to the outer portion of the nostrils..
 - ▶ Do not apply heat or ice unless instructed by your health care provider.
 - ▶ Try to avoid bending over, rolling on your face while you are sleeping, or any other trauma to your nose.
 - ▶ Do not let anything rest on your nose, including glasses, for 1 month following surgery.
- ▶ A light diet is best for the day of surgery. Begin by taking in liquids slowly and progress to soups or Jell-o. You may start a regular diet the day after surgery.
- ▶ If you have pain or discomfort, take the pain medication every 4-6 hours. It is best to take pain medication with crackers, Jell-o, etc.
- ▶ You have received prescriptions for _____ as an antibiotic and _____ for pain relief. You may alternatively take Tylenol for pain relief. Please take Colace as a stool softener to limit constipation. Make sure to finish your entire antibiotic course.
- ▶ You may shower or bathe after surgery, as long as you avoid letting the water hit your face. If you have an external splint, please avoid getting it wet.

- ▶ No driving while you are on narcotics, or until you are able to react to an emergency situation.
- ▶ Avoid the following anti-platelet agents until at least your first post-op appointment, including, but not limited, to: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol, fish oil, herbals, and supplements including those containing Vitamin E, as they result in a higher risk of bleeding.
- ▶ If you are taking the following blood thinners or anti-platelet agents, you should have already obtained instructions pre-operatively when they may resume, but please discuss with your surgical team: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xerelto, Eliquis, or Brilinta.
- ▶ Do not consume alcohol while you are taking any medications following surgery, especially pain medications, muscle relaxants, anti-anxiety medications, sleeping pills, or other sedatives.
- ▶ Please refrain from nicotine-containing products for at least 6 weeks following your surgery. Nicotine reduces circulation and can therefore result in wound healing impairment.
- ▶ Keep your head elevated when you are resting or sleeping for 7 days after your surgery to keep swelling down.
- ▶ Avoid any activity that increases your blood pressure or pulse rate for approximately 2-3 weeks following your surgery.
- ▶ You will need to utilize a medical grade (SPF 50 or more) sunscreen for at least 12 months when exposed to the sun.
- ▶ Every patient and procedure is unique. However, please alert us if you observe any of the following and are concerned:
 - ▷ severe or increased pain that is not relieved by the pain medication prescribed
 - ▷ temperature $\geq 101.4^{\circ}\text{F}$
 - ▷ increased redness around the incisions
 - ▷ drainage that is foul in odor or yellowish/green in color
 - ▷ increased bleeding, or bleeding that does not slow down in 4-7 days
 - ▷ trauma to your nose, such as falling