

Post-Operative Care for Rhinoplasty

At Home After Procedure:

- Light to moderate bleeding from the nose is normal. The gauze dressing under your nose will collect the blood and may be changed as needed or removed when no longer needed. In the beginning, it is normal to have to change this dressing frequently. **DO NOT REMOVE** the solid dressing (splint) over the nose. This will need to stay on for at least one week.
- In between gauze dressing changes, apply antibiotic ointment (Bacitracin) inside your nose and to the incisions using a Q-tip. After 2 days switch to Vaseline.
- Try to sleep with your head elevated on 2-3 pillows.
- Ice packs (crushed ice in zip lock bags or frozen pea bags work well) placed over the eyes will help reduce swelling; they may be used (10 min on, 10 min off) until bedtime.
- **DO NOT TAKE ASPIRIN** or aspirin like products including Ibuprofen, Advil, Aleve, Nuprin, or Motrin for 3 weeks before and 1 week after surgery. Please see the complete list of medications to avoid, included in your pre-operative information packet.
- On the **morning after** the procedure, you may clean the outside incisions and up to one-half inch (entire cotton portion of a Q-tip) inside each nostril 3-4 times a day with a Q-tip soaked in hydrogen peroxide to remove dry blood. Remove wet debris with a dry Q-tip and place antibiotic ointment (Bacitracin) **provided by us** (for first 2 days) or Vaseline (after day 3 until no longer crusty)
- If very congested and unable to sleep, you may use the **Oxymetazoline HCL nasal spray** (provided by us) to help open up your nasal passages. This medication can be habit-forming, so try to avoid continual use beyond 3-4 days.

You may climb stairs or go to the bathroom with assistance. Bleeding should decrease over the first 24 hours but you may have some bleeding when changing positions quickly. You should keep the rigid dressing covering the bridge your nose as dry as possible. Swelling of the face may occur and your eyes may even swell shut. Take your medications as prescribed. Eat light, soft meals as tolerated, avoiding gas-stimulating or salty foods. You may shower with *warm* (not hot) water only, avoiding water on the face. Try to breathe normally, however the internal swelling may cause you to feel very congested. The swelling/bruising will peak the 2nd or 3rd day, and should start to subside within 4-5 days.

Follow Up Care:

Eat before coming to the office for your post-operative visits. Do not blow your nose or sneeze through it for 7-10 days. If you sneeze, please open your mouth to avoid pressure through the nose. Try to rest after your procedure avoiding excessive physical activities, hard chewing, lifting heavy objects (over ten pounds), or bending over. We request you not travel by airplane for one week after surgery.

Lubricate the inside of your nose as directed with Vaseline. You can expect some light blood-tinged drainage from the nose for several days. Be very gentle when brushing your upper teeth. *If your nose begins to bleed copiously, spray the **Oxymetazoline HCL nasal spray** (provided by us) into the nostril that is bleeding and relax. If the bleeding continues for 5 minutes or clots expel and/or you begin to swallow blood, please call the office. If there is excessive pain, high fever, or if you injure your nose, please call the office.*

Follow Up Visits:

- At one week, the cast will be removed; you may drive yourself to this appointment if you feel up to it. Glasses may be worn over the cast or taped to the forehead. After cast removal, make-up may be worn.
- Additional follow up visits will be scheduled.

Healing Care:

After the cast is removed, avoid striking or bumping your nose; try not to roll onto it while asleep. Clean the external nasal skin gently with soap. After the cast is removed, wear padding between eyeglasses and the nose for one month. The use of alcohol and tobacco products prolongs swelling and healing and is best avoided for 2 weeks after surgery.

Do not expose your nose to the sun for 4-6 weeks. Use a sunscreen (SPF 30 or greater) for 6 months after surgery if sun exposure is absolutely necessary. Avoid any physical exercise that can cause over-heating or over-exertion for two weeks after surgery. Your nose may be swollen and stuffy for several months. Complete healing will take 6-12 months. It is to your advantage to return for all post-operative visits so that long-term results may be evaluated.

Supplies Needed:

- Prescription medication (please bring with you on the day of procedure)
- Vaseline
- Q-tips
- Drinking straws
- Hydrogen peroxide

Remember...DO NOT TAKE vitamin E or ASPIRIN or aspirin like products including Ibuprofen, Advil, Aleve, Nuprin, or Motrin for 3 weeks before and 1 week after surgery.

If you have questions or concerns, please call us (425.450.0880). After office hours, please contact Dr. Naficy on his mobile phone.