

Rhinoplasty Post-Op Instructions

Thank you for choosing Dr. Papanicolaou to perform your surgery. Please feel free to call us at 407. 478.3151 or email us at somaplasticsurgery1@gmail.com any time if instructions are not clear or issues are not addressed by this instruction sheet.

WHAT TO EXPECT

- You will be seen in the office in one week for suture removal. If you have an emergency, call 911.
- You will experience discomfort and bruising around the eyes and nose the first few days.
- The nose will be swollen internally and externally for several weeks after surgery. Final results can take 6 months to 1 year after surgery.
- Bloody drainage may occur especially the first 24 to 48 hours after surgery.
- Avoid extreme activity and swimming for 6 weeks.
- May use Afrin spray to decrease bloody discharge and cool packs as needed.

WHAT TO DO OR NOT TO DO

- Cool compresses to eyes and forehead for first 48 hours (20 min on, 20 min off WHILE AWAKE)
- Change drip pad under your nose as needed after surgery. The next morning after surgery remove drip pad completely and do not reapply.
- Sleep on three to four pillows or in a recliner for a week to decrease swelling.
- Keep nasal cast/splint dry. (you may shower the day after surgery.)
- Clean nostrils with Liquid Dial Soap, sterile saline and Q-tips 3 times a day; then apply Vaseline ointment into nostrils and on sutures.
- Use Nasal Saline Spray into nostrils 5-6 times a day. Use for 2 weeks.
- Do not blow your nose for 2 weeks post-surgery. You may use a Q-tip to gently clear the nostril.
- Sneeze with your mouth open and not forcefully.
- No heavy lifting or extreme exercise for 3 weeks.
- No driving as long as you are taking the prescribed pain medication.

MEDICATION:

- Keflex 500mg (Cephalexin) twice a day for 1 week.....antibiotic
- Celebrex 200mg take once a day as directed.....inflammation
- Ativan 1mg (Lorezapam) as needed 1/2 tablet every 8 hours.....anxiety and sleep

- Nasal saline spray (over the counter), 4-5 sprays in each nostril 5-6 times per day, for 2 weeks
- Arnica 30x take as directed (begin day before surgery).....inflammation and bruising
- Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hours as needed.....pain

INSTRUCTIONS AFTER CAST REMOVAL

- Sleep with your head slightly elevated to reduce swelling for a additional week.
- Continue nasal saline spray into nostrils 4 times a day for 2 more weeks.
- Continue Bacitracin into nostrils and suture areas 2 times a day for 1 more week.
- At the end of the 2nd week, begin to apply Silagen gel to suture areas twice a day and continue for one month.
- You may begin to blow your nose gently this week.
- No heavy lifting or exercise for 2 more weeks. You may return to full exercise routine at the end of the 3rd week.
- No contact sports for 10-12 months.

EXPECTATIONS

- You will experience swelling at the tip of the nose.
- The nose will feel stuffy for a few weeks.
- Avoid sun after the procedure and use SPF as needed.

OFFICE VISITS

- You will be seen in the office in 2-3 weeks for a check-up.
- Thereafter, the schedule is 6 weeks, 3months, 6 months, 9 months and 1 year.
- Aesthetician visit as needed
- Please call the office with any further questions.