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Rhinoplasty Post-Op

- **DRESSINGS:** When you awaken from surgery, you will have tape and a splint on your nose. Do not remove this dressing; keep it dry. You may have some packing and an internal splint in your nose. If so, leave it in place. You may change the drip pad as often as needed. When your drainage slows, you may leave it off. Packing is usually removed in 2-3 days. Your external splint will be removed in 5-7 days. If you have an internal splint in it will be removed in 12-14 days.
- **RESTING:** To minimize swelling, rest propped up on pillows for 4-5 days.
- **BRUISING AND SWELLING:** Bruising and swelling are to be expected. If your nose was enfractured or rebroken, you may develop lower lid bruising. It can take to 3 to 4 months for all the swelling to go down. Ice packs made with frozen peas are good to help with any swelling around your nose and eyes. **DO NOT PLACE ICE PACKS DIRECTLY ON SKIN FOR IT MAY CAUSE SKIN HEALING PROBLEMS!**
- **BLEEDING:** Small amounts of oozing and bleeding are common and expected. Feel free to change the drip pad as needed. If the bleeding is more than a slow staining on pad and will not stop, elevate your head up and call the office immediately at 479-521-1500.
- **PAIN:** Mild to moderate discomfort is normal after surgery. Please follow instructions given to you with your pain medications.
- **DRIVING:** You must wait 24 hours after anesthesia and until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would endanger yourself and others.
- **ACTIVITY:** Avoid bending your head below your waist. As you begin to resume normal activity, you should not return to weight lifting, aerobic exercise, or any high impact activities for 4 weeks. The doctor will let you know when you may resume these activities.
- **NUMBNESS:** You may have some numbness and tingling on your facial skin. This may take weeks to several months to completely disappear.
- **SHOWERING AND BATHING:** You may shower 24 hours after surgery but try to refrain from getting the external splint wet. We do not want it to come off early.
- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or

green drainage from the incision, fever of 101 degrees (usually accompanied by chill), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**

- HEMATOMAS: Hematomas are the collection of blood and puss within a septal space. They are rare, but must be reported immediately.

If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.

I understand and have received a copy of the post-op instructions

Signature: _____ Date: _____