

RHINOPLASTY

- You may have splints in your nose for 2-3 days following surgery; this will make breathing through your nose difficult. A humidifier or vaporizer can be used in the bedroom to prevent throat pain with mouth-breathing.
- Frequent hot showers or frequent use of saline nasal spray through your nose will help break up congestion and clear any clot or mucus that builds up within the sinuses after surgery. You may also clean the front of the nose and nostrils with a Q-tip dipped in diluted hydrogen peroxide (1/2 peroxide, 1/2 water) or warm soapy water; do not pull at the splints or the suture holding them in place.
- Change the drip pad dressing as often as needed. Some oozing of blood and mucus is expected for 2-3 days after surgery, and the dressing may need to be changed frequently during the first 24 hours following surgery. In case of profuse nasal bleeding, apply ice to the bridge of the nose and pinch the nose just above the tip, and hold for 10 minutes; if bleeding continues, contact our office.
- Do not blow your nose until cleared to do so!
- Take pain medication as prescribed. It is OK to substitute Tylenol if the pain medication is too strong or causes nausea. It is important to stay well hydrated after surgery. Constipation is a common side effect of pain medications. Take a mild laxative. Avoid straining with bowel movements.
- Sleep with an extra pillow or two, elevating your head slightly. You do not need to sleep sitting up in a chair but this is ok if it's more comfortable.
- Obtain all medications and nasal sprays prescribed and use as directed. Antibiotics are used in the initial post-op period to prevent infection while the incisions are healing.
- Avoid medications that thin the blood such as aspirin and aspirin-like products (Advil, Motrin, Excedrin, Aleve, Celebrex, Naproxen). Migraine medications should be used only after discussion with your surgeon.
- There are no diet restrictions, but alcohol consumption is not recommended and tobacco use is prohibited as nicotine decreases blood flow to the healing nasal tissues and can compromise wound healing. Please make sure that you have eaten something the morning of splint removal; low blood sugar may make you feel faint when the packs are removed.
- No heavy lifting (nothing more than 10 lbs.), no bending or stooping to lift, and no vigorous exercise until cleared by your surgeon.
- You can expect to have a stuffy nose for about 3-5 days after surgery, with some intermittent congestion longer depending on a personal history of allergies or other factors. Sense of smell will be diminished during this time, and sense of taste will also be affected.
- There may be some tenderness or numbness in your upper teeth. You may express old clots and discolored mucus from your nose for up to 3-4 weeks after surgery, depending on how frequently and how effectively you irrigate your nose with the saltwater spray.

- Signs of a post-operative infection, which may occur within 6 weeks after surgery, include fever, foul odor in the nose, discolored nasal secretions, facial pain and pressure, and a cough. If any of these signs develop, contact our office.
- We would like to see you back in the office 7 days post-operatively for splint and suture removal.

Please contact our office at 701-478-4404 with any questions or concerns.