**INSTRUCTION FOR PATIENT AFTER RHINOPLASTY**

## WOUND CARE

* Expect to have some swelling, bruising and discomfort after the surgery. This will all disappear in the next 7-10 days.
* You may apply ice packs to your eyes to reduce the bruising and swelling. Avoid applying the ice directly on the skin. Place ice cubes in a plastic bag and place a damp cloth on your eyes. Then place the ice pack on top of the cloth. Do not apply for more than 10 minutes at a time. This can be repeated every 3-4 hours for 2 days. Never leave the ice pack on while you are asleep, as this may burn the skin.
* Leave the splint on your nose for 10 days to allow the bones to heal correctly.
* Do not take showers until the splint is removed. You can wash with a sponge, being careful not to get the area around the nose wet.
* Your sutures are dissolving and do not need to be removed.

**MEDICATIONS**

* Take your pain medications every 4-6 hours when needed.
* If some of your medications were stopped before surgery (such as Aspirin, anti-inflammatories, Coumadin, vitamins, herbal medications, etc), they can be restarted 1-2 weeks after surgery, depending on the medication, and provided there is no bleeding from your nose.

**ACTIVITY**

* Avoid straining, doing any heavy work or lifting any heavy objects for 2 weeks after the surgery.
* You can do light activities, like driving, going for walks, etc. any time after surgery.
* Avoid blowing your nose for 2 weeks.

**CALL THE OFFICE**

* Call the office (853-5154) to make an appointment in 10 days.
* If you have an urgent problem before the appointment (e.g. excessive bleeding from the nose), go to the Emergency Room.
* If the problem is less urgent, please call my office and my nurse will contact me; for example:
  + your medications are not controlling the pain
  + you are concerned about bruising around the eyes
  + you are concerned about the way your incisions are healing
  + you have an allergic reaction to the tape.