

HEARTLAND PLASTIC —| & HAND SURGERY |—

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INSTRUCTIONS FOLLOWING YOUR RHINOPLASTY

ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE

1. After surgery, you will have a splint taped to your nose. There may also be some packing in your nose, which will be removed in several days. A gauze pad will be across your nostrils to collect any blood or drainage that oozes from your nose. This may be changed as needed.
2. You must breathe through your mouth until the packing is removed.
3. After the operation, there is some pain and usually a headache. Take the pain medicine as needed. Remember, this may make you drowsy, so do not drive while taking this medicine. Use several pillows to elevate your head, as this will help the swelling decrease.
4. The nasal splint will stay in place for 5 - 7 days. Please keep the splint dry while bathing.
5. **DO NOT TAKE ANY ASPIRIN CONTAINING COMPOUNDS OR ANTI-INFLAMMATORIES UNTIL INSTRUCTED TO RESTART THEM BY YOUR PHYSICIAN. THIS CAN INCREASE THE RISK OF BLEEDING.**
6. Sutures, if any, will be removed in 5 - 7 days after surgery.
7. Your activities will need to be restricted for several weeks.
 - a. DO NOT BLOW YOUR NOSE OR SNEEZE THROUGH YOUR NOSE FOR 3 WEEKS. It is all right to sneeze through your open mouth.
 - b. Do not get bumped in the nose, bend over or strain. This may increase the risk of bleeding.
 - c. Refrain from vigorous activities, such as exercising for 3 weeks.
 - d. No diving for 6 weeks.
 - e. No competitive sports for 8 weeks.
 - f. Do not plan any distant travel or air travel for 3 weeks after surgery.
8. Bruising around the eyes is normal and should begin to fade within 1-2 weeks of surgery.
9. The swelling of the nose subsides gradually. It may take a period of time (6 months-1 year) before final healing is realized.
10. You may use camouflage makeup to cover the bruises after the splint is removed.
11. Your nose and sinuses will feel swollen and stuffed for several weeks to months after surgery. Nasal sprays or decongestants should only be used after I have given approval.
8. **SIGNS AND SYMPTOMS TO REPORT TO YOUR DOCTOR:**
 - a. Temperature over 101 degrees Fahrenheit
 - b. Excessive or severe bleeding from the nose