

Rhinoplasty Post-op Instructions

- 1. NO ASPRIN, MOTRIN, ADVIL, or IBUPROFEN.
- 2. Do not expect to breathe through your nose until the splints are out, one week after surgery.
- 3. You may have an external dressing. Leave this in place for 7-10 days unless otherwise instructed by the staff.
- 4. There may be extensive bruising around the eyes and cheeks, this is not uncommon and will resolve with in 7-10 days.
- 5. There may be bloody discharge from your nose for the first several days. You will need gauze to place under your nose for the first day or two after surgery.
- 6. It is not uncommon to change the dressing 10 times during the first 24 hours following surgery.
- 7. If you have profuse bleeding from your nose spray 2 puffs of Afrin up each nostril. You may do this every 15 minutes until the bleeding stops. If it continues for more than one hour call the office at (334)702-6900.
- 8. Nasal Saline spray will be required after surgery. This is available at any pharmacy and does not require a prescription. Spray 2 puffs up each nostril 4-6 times per day for the first week following surgery.
- 9. After the splints are removed the nasal saline spray will need to be used 4 times a day until instructed to stop by the doctor.
- 10. Activities after surgery is as tolerated, but avoid contact sports and lifting object that weigh over 10 pounds for the first two weeks.