

Pre- and postoperative instructions for rhinoplasty

Pre operative instructions

- No alcohol, aspirin or vitamin E for one week prior to and after your surgery, as they may increase bleeding
- Wash your hair and face the night before surgery, in addition to shower/bathing
- Wear no makeup the day of surgery
- Avoid tight clothing or clothing which must be pulled over your head, for at least 2 weeks.

Postoperative instructions

- Do not blow your nose until instructed to do so; dab or wipe gently with Kleenex
- Change dressing under nose as needed; expect blood tinged drainage from the nose for the first week
- The nasal splint will remain in place for about one week and will be removed in the office do not disturb it and keep it dry.
- Rest for the week following surgery; avoid bending or lifting anything heavy for at least one week – these activated can prolong swelling or cause bleeding.
- You can do low impact aerobics at 2 weeks, and high impact at 3 weeks, body contact and weight lifting can be resumed at 4 weeks.
- Avoid striking or bumping the nose or rolling over on it while sleeping; sleep with your head elevated on two pillows, or elevate the heads of your bed 6 inches with blocks for two weeks.
- Eyeglasses may rest on the nasal splint until removed, there after they should not rest on the nose for 4 weeks.
- Avoid sunning the face for prolonged periods of time for 4 weeks, there after use sunscreen with a minimum of 15 spf
- Eat a soft diet for 1 week with no hard chewing; brush teeth gently to avoid manipulation of the upper lip to keep your nose at rest.
- Nostrils should be cleaned at the base and just inside the rim with Q-tips and warm water or hydrogen peroxide; do this daily. Do not remove any hard crusts from with in the nose; use polysporin ointment for lubrication twice daily.
- Skin can be cleansed with any mild soap after tape removal; no showers for 1 week; rather bathe to avoid wetting any nasal dressings.
- Hair can be washed (with assistance) after 5 days, avoid wetting dressings
- It is normal to have increased drainage and some crusting coming out of your nose for the first 4 weeks.
- Nose bleeds for 12 months following surgery can be prevented by applying ointment into the nose once weekly if you feel the nose is dry – especially during the winter months.