

## **Rhinoplasty Instructions**

In this handout you will find instructions on how to prepare for your septoplasty or rhinoplasty procedure as well as what to expect while you are healing. Please feel free to ask questions.

### **Important information about preparing for your Rhinoplasty operation:**

#### **Before your Rhinoplasty operation:**

1. Do not take medications which are known to prolong bleeding for 2 weeks prior to and 2 weeks after you procedure. These include aspirin, ibuprofen (Advil, Motrin), Vitamin E or red wine. If needed only take Tylenol® for pain and aches.
2. Please arrange for a family member or friend to be with you for at least the first 24-48 hours following your procedure.
3. Do not plan any trips that will require traveling large distances until at least 4-6 weeks after your procedures.
4. You will need at 1-2 weeks off from work.

#### **On the day of your Rhinoplasty operation:**

1. Please remove contact lenses and avoid wearing makeup.
2. Avoid using hairspray, mousse or gel.
3. Please keep your valuables and/or jewelry at home.
4. We advise dressing in comfortable attire; clothes that are easy to put on and take off, and that don't fit tightly.

#### **After your Rhinoplasty operation:**

1. You may find a splint and tapes on your nose. Please do not touch them or get them wet. Avoid rubbing your nose for 6 weeks.
2. There will be a bandage at the base of your nose to collect drainage. Drainage from the nose usually stops after 48-72 hours. You will be shown how to change this bandage
3. Your nose will feel stuffy for 2-3 weeks
4. Do not blow your nose for 3 weeks (sneeze with an open mouth). Do not put anything in your nose.
5. Sleep with your head elevated on several pillows arranged in a wedge for 1 week.

6. In the first 48 hours, rest quietly with minimal talking or laughing. You may get up to use the bathroom or to take a light walk around the house. Please use caution in your home especially with tasks such as climbing stairs when taking pain medications.
7. Any nausea will pass usually within 24-48 hours. Make sure to drink liquids frequently after your operation. Do not take your pain medication on an empty stomach.
8. Use the pain medication when you are feeling uncomfortable.
9. Avoid leaning forward for two weeks. If you have to pick something up, bend from the knees with the head erect.
10. On the first day after your Rhinoplasty you may wash your face by patting with a face cloth.
11. Do not shower until the splint and tapes are removed from your nose. You may accumulate some “crusts” around your nostrils. This can be dealt with by gentle cleansing of the area with a Q-tip moistened with 50% hydrogen peroxide solution. Make sure to clean your nostrils this 2-3 times a day. After cleaning apply some bacitracin ointment around the nostril opening with a Q tip.
12. Saline nasal spray can be applied if your nose starts to get dry.
13. Do not chew on hard or tough foods for the first week after the operation.
14. Light exercise such as walking for distances outside your house or sitting on an exercise bike is permitted at 2-3 weeks. Heavy exercise and heavy lifting are permitted after 6 weeks. You will be able to drive after one to two weeks depending, on how you feel.
15. Do not allow glasses to rest on your nose for 6 weeks.
16. You can wear makeup 2 weeks after your operation.
17. Avoid the sun for 6 weeks following your operation. You must use sunscreen with an SPF of 30 for one year after the surgery.

**What to expect as you are healing:**

1. There will be bruising and swelling on your nose and below your eyes that will take time to subside.
2. You may experience numbness in various areas of your nose. This will subside over several weeks to months.
3. You may experience a temporary loss of smell and taste.

**Follow-up appointments:**

1. Several follow-up appointments will be scheduled after your Rhinoplasty procedure.
2. Your first follow-up appointment will be at 1 week. The splint and tapes will be removed after which you will be able to shower.
3. Your second appointment will be several weeks later
4. Subsequent appointments will be scheduled based on your progress.

**If you have any questions please do not hesitate to contact Dr. Lin's office at 617-632-7369 during and after business hours.**