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POST OPERATIVE INSTRUCTIONS

Rhinoplasty/Nasal surgery

In addition to the general post operative instructions you have been given, please follow these specific instructions for your procedure.

1. **Ice Packs:** For three (3) days following surgery, you should apply ice packs at least 4 times daily to the eye and cheek area. Patients that have had Rhinoplasty procedures ***avoid direct pressure on the nasal bridge and bandages.***
2. **Healing Process:** Nasal packs, if placed, will be removed the day after surgery. External nasal splint or tape (if applied) will be removed one week after surgery. Internal nasal sutures are absorbable. The external nasal sutures will be removed in 4-7 days. It takes 6-8 weeks for the inside of the nose to heal. Please gently wash any incisions with a Q-tip and warm water twice a day. Bacitracin ointment should be applied after washing for the first 7 days after surgery.
3. **Saline Spray:** ***Please start using nasal saline spray the day after surgery.*** Saline should be gently sprayed into each nostril 4 times per day.
4. **Dressing:** Keep mustache dressing on as long as you need it to absorb any drainage from the nose. It may be necessary to change your dressing every 20 minutes for the first 4-6 hours after surgery. If the dressing is saturated in 15 minutes or less, please notify the office.
5. **Bathing:** ***Do not get tape or splint wet while bathing.*** Have someone help you wash your hair while you lean backwards in the sink. Protect your face and be careful not to bump your nose. You may wash your face being careful to only cleanse the area surrounding the area around the nasal tape/splint. You may shower 2 days after surgery. If you shower, use a dry washcloth or plastic wrap over splint/tape. Please shower or bathe using only lukewarm water for first 2 weeks after surgery. ***No hot baths or showers!***
6. **Movement:** Treat your nose with care. Avoid situations that may result in your nose being bumped. Keep your head above your heart. If you wear glasses, do not allow your glasses to touch the bridge of your nose. Apply tape to the bridge of your glasses then affix tape to your forehead to keep the glasses elevated and off the bridge of your nose.
7. **Blowing your Nose:** ***Do not blow your nose for 2 weeks after surgery!*** Any secretions in the nose should be drawn back and expectorated through the mouth. If you sneeze, keep your mouth open during the sneeze. After two weeks you may blow your nose gently when needed.