

RHINOPLASTY

Post Op Instructions

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas and protect them from irritating materials or products.

WEEK 1

- **DO:** keep splint as dry as possible. Notify Clinic if splint comes off.
 - **DO:** sleep on your back with the head of the bed elevated 30-45 degrees. Sleeping alone is recommended for 2 weeks.
 - **DO:** continue ice compresses as much as possible for 3 days following surgery. (After the first night they do not have to be continued during sleep.)
 - **DO:** take a decongestant if you get a cold. This may decrease drainage however; it will not improve stuffiness due to swelling for 7-10 days. It may cause drowsiness, so do not take it unless needed.
 - **DO:** maintain sitting or standing position as much as possible to reduce swelling.
 - **DO:** remember to rest when you tire.
 - **DO:** clean outside incisions (if they were required for surgery) with peroxide and a Q tip and apply Vaseline 6 times a day.
 - **DO:** wear mustache dressing as much as needed to catch any drainage. Do apply lipstick with lip brush only.
 - **DO:** brush upper teeth with finger and washcloth. Do open mouth if sneezing occurs.
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- **DO NOT:** bend over or lift heavy objects. Do not bump or hit nose.
 - **DO NOT:** tweeze brows for 1 week.
 - **DO NOT:** use salon hair dryer for 1 week. (Use hand-held hair dryer.) Do not sniff or forcefully breathe through nose.
 - **DONOT:** put anything in your nose unless specifically directed to do so. Do not wipe nose with Kleenex or handkerchief, use the drip pad.
 - **DO NOT:** blow nose for 10 days, then blow both sides at the same time only. Do not grin or smile excessively.
 - **DO NOT:** eat chewy foods for 1 week.
 - **DO NOT:** engage in strenuous exercise for 2 weeks. No diving or skiing for 2 months and no contact sports for 4 months.
 - **DO NOT:** use nose sprays unless nosebleed occurs.

WEEK TWO

- **DO:** apply Vaseline inside the nostrils and press nostrils together if crusting occurs. Do wash nose with mild soap (Ivory or Neutrogena) and cotton ball.
- **DO NOT:** wear glasses directly on the nose. This could permanently disfigure nose. Suspend glasses with tape or cheek pads for at least 6 weeks.

Remember: Your nose will retain some swelling for several months. The final result may not be apparent for a year or more, so be patient.

**MOST IMPORTANTLY, REMEMBER TO CONTACT THE CLINIC PERSONNEL IF
QUESTIONS OR PROBLEMS OCCUR**

**Gold Coast Plastic Surgery
George T Moynihan, MD
312-988-9300**