



GEORGIA
CENTER *for*
Ear, Nose & Throat
FACIAL PLASTIC SURGERY

POST-OP INSTRUCTION FOR RHINOPLASTY (NASAL SURGERY)

CARE OF INCISIONS

- Gently clean inside the nose with hydrogen soaked Q-tips and then apply a thin layer of Vaseline ointment with a Q-tip 2-3 times a day.
- Use saline nose spray as often as needed.
- Any crusted blood around the incision line should be cleaned using dilute peroxide soaked into a Q-tip. Gently rolling the Q-tip over the incision line a few times should allow it to soften and dissolve.

ACTIVITY

- You may shower (USING WARM, NOT HOT) water, avoiding direct spray of water on the face or around the nasal splint the first day after surgery.
- Keep upper body elevated following surgery. Sleep on back and elevated 30-40 degrees. Sleeping in a recliner is ideal. Sleep elevated approximately 2 weeks and on your back for approximately 2 months. It is recommended to sleep alone 1-2 weeks after surgery to avoid accidental bumping of the nose.
- Avoid straining or any activity that causes a feeling of pressure in the face and nose. No bending. Check with your doctor before resuming any physical activity (including driving.)
- Do not manipulate the splint or tape dressing. (The splint will be removed by your doctor approximately 1 week after surgery.)
- Avoid bumping or hitting the nose. It is recommended not to pick up small children. Please notify us if you sustain an accidental blow to the nose causing excessive swelling or bleeding.
- Do not tweeze the eyebrows for one week following surgery.
- Avoid excessive movement of the upper lip. Do not pull the upper lip down when applying lipstick. Avoid excessive grinning and smiling.
- Avoid “sniffing” (constantly and forcibly attempting to pull air through the nose.)
- Avoid constantly rubbing the base of the nose and nostrils with Kleenex or handkerchief.
- Avoid sneezing. If you must, let it come out like a cough, through the mouth.
- Eyeglasses can be worn as long as the splint is on. After that they must be suspended off the bridge of the nose. We will show you how this is done. This is important, for the pressure of the glasses may change the new contour of the nose.
- Contact lenses may be inserted the day after surgery.

- Avoid sun exposure as much as possible.

DIET

- Begin with bland foods (clear liquids, broths, etc.) and advance as tolerated.
- Resume a well-balanced diet including protein and high fiber foods.
- Avoid alcohol, nicotine, and caffeine for these will dramatically slow the healing process.
- Increase fluids such as water and fruit juices (with the exception of citrus fruits) the day of surgery

MEDICATIONS

- Take antibiotic as directed by your prescription.