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**Plastic and Cosmetic Surgery  
ASSH Fellowship trained hand surgeon**

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## **RHINOPLASTY POST-OPERATIVE INSTRUCTIONS**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, avoid alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

## **ACTIVITIES**

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any prescription pain medications (narcotics).
- You may return to work in 1-2 weeks.
- Avoid strenuous activities or any activity that increases your blood pressure for 2-3 weeks.
- Avoid body contact sports, hitting or rubbing your nose, and sunburn for 2 months.

## **INCISION CARE**

- You may shower 48 hours after removal of any nasal packs.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- Stay in bed with your head elevated (except for going to the bathroom) for the first day.
- Cold compresses will reduce swelling.
- Do not shampoo your hair until nose splint is removed, or ask for special instructions.
- Avoid blowing your nose for 1 week.
- Be gentle when washing your face and hair or using cosmetics.
- Do not use facial makeup on external incisions until advised by surgeon.
- Contact lenses can be worn as soon as you feel like it, but glasses cannot be worn until your nose is completely healed (approximately 2 months). After your nose splint is removed, tape your glasses to your forehead or prop them on your cheeks until completely healed.

## **WHAT TO EXPECT**

- You may be up and about in 2 days, but it will be several weeks before you are entirely up to speed.
- Feeling depressed is normal.
- After surgery, particularly during the first 24 hours, your face will feel puffy.
- A small amount of bleeding is common during the first few days.
- A splint is applied immediately after surgery for 7 days. Nasal packs may also be used.
- Moderate postoperative pain.
- Your nose may ache and you may have a dull headache.
- Temporary swelling and bruising around eyes and nose will increase at first and peak after 2 or 3 days.
- Most swelling and bruising should disappear within 2 weeks. Some subtle swelling (noticeable only to you) will remain for several months.
- Healing is a slow and gradual process.
- Some numbness may be present around the operative areas.
- Black eyes and swollen nose and eyelids for 7-14 days.
- You may experience some discomfort with breathing.
- Swollen nasal tissues may cause nose to seem "stuffed up" for several weeks.

## **APPEARANCE**

- New nose looks better in 2-3 weeks and usually continues to improve for many months.
- Nasal tip drops to its permanent position in 3-6 months.
- Final results may not be apparent for a year or more.

## **FOLLOW-UP CARE**

- If you have nasal packing, it will be removed after a few days.
- If nostrils are narrowed, sutures are removed in 3 days. All other sutures either dissolve or are removed within 14 days.
- Frequent follow-up visits should be scheduled.

## **WHEN TO CALL**

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- If you have a nosebleed or any unusual symptoms.

## **HOW TO CONTACT DR. ANZARUT**

Dr. Anzarut's office staff is available to answer questions and arrange appointments during working hours. Prior to surgery you will be provided with Dr. Anzarut personal email and cell phone number. If you have a concern or question Dr. Anzarut can be reached on his cell phone at any time of day or night.