

### **Postoperative Instructions for Rhinoplasty**

1. Leave the protective splint on your nose in place. It will be removed 4 or 5 days after surgery. Keep the splint and tape dry while bathing.
2. Expect blood to ooze for one (1) to two (2) days.
3. Elevate your head while sleeping.
4. Swelling starts to resolve in two (2) to three (3) days. Apply ice packs to your cheeks for 20-minute periods throughout the first two (2) days. After two (2) days apply moist heat to your cheeks.
5. No bending, lifting, or straining for the first seven (7) days.
6. Do not take aspirin or Aspirin-containing products for (1) week.
7. Do not blow your nose. Sneeze with your mouth open.
8. Take your pain medicine and antibiotics as directed.
9. Clean the dry crusting from your nostrils twice daily with Q-tips and peroxide. After cleaning, apply over-the-counter antibiotic ointment inside each nostril with Q-tips. If external sutures are present, apply antibiotic ointment to them, as well.
10. Use Afrin nasal spray as follows: two (2) sprays in each nostril three (3) times per day for three (3) days only.
11. Spray over-the-counter saline nose spray in each nostril every two (2) hours while awake. This will moisten your nose and help decrease crusting.
12. Please contact the office one (1) or two (2) days after discharge to schedule a postoperative appointment [610-376-9728].
13. In the event of a medical emergency call 911 or go directly to The Reading Hospital & Medical Center Emergency Room.