

AFTER RHINOPLASTY

WHAT TO EXPECT

Some mild discomfort is common. There will be a splint in place covering the upper portion of the nose that should not be removed. This will be removed in office by your surgeon one week post-operatively. There will not be any packing placed inside your nostrils. Temporary bruising, swelling, and numbness are common the first week-two weeks after surgery. Maximum swelling occurs 2-3 days post-surgery and begins to subside between 4-5 days. Please note that the amount of bruising varies significantly from one patient to the next. Most occurs beneath the eyes (even though this area has not been operated on), but some may move down and discolor the cheek area. The bruising is worst days 3-5 and will resolve within 2-3 weeks. If your nose, face, or eyes begin to swell abnormally fast or throb from pressure of swelling, please call the office immediately.

ACTIVITY

Rest at home for 1-2 days following surgery. During the first week of recovery, you should move and be mildly active, including going for walks to aid circulation in your lower extremities. However, do not attempt heavy lifting or strenuous activity until 6 weeks after surgery. Most patients are comfortable to return to work after a few days.

AFTERCARE

You may use make up and facial creams after 3-4 days but please be careful to avoid suture lines. You may resume driving at your discretion and once you feel comfortable, but not under the influence of pain medication. Protect your incisions from sun exposure for at least 3 months after surgery to lessen chance of scarring.

SLEEP

Sleep with your head elevated to minimize swelling.

MEDICATION

Take your pain medication and antibiotic as prescribed. Do NOT take Advil, Aspirin, or Aleve products for two weeks after surgery. You may take Tylenol products.

BATHING

Showering and bathing are permitted the next day after surgery. Try to keep your splint and incisions as clean and dry as possible for two weeks following surgery.

SUTURES

Typically dissolvable sutures are placed along incisions. If sutures are placed that need to be removed, we will set up an initial follow up visit 5-7 days after surgery to remove them.

Please feel free to call the office at any time if you have additional questions or concerns at 713.627.1200.