

Home Care Instructions Rhinoplasty

Medications: Take as directed. Finish your antibiotic. You may resume all of your regular home medications unless I specifically direct otherwise.

Diet: Eat and drink anything you want. Do not consume alcohol while you are taking pain medication.

Bathing: You can shower 24 hours after your surgery.

Your stitches: The sutures are on the inside of your nose and will dissolve on their own.

Your Nose: Do not manipulate the splint. I will remove this at your first visit. Do not put anything up your nose and do not blow your nose. If your nose is runny please dab it with a tissue. Do not blow!

Activity: No strenuous activity, *of any kind*, for at least 2 weeks.

Sleeping: Sleep on your back or side. Keep propped up on some pillows the first 48 hours to minimize swelling.

Swelling: Swelling is a normal part of facial swelling. It does go down. Ice packs for the first 48 hours will help. By the end of the first week the majority of the swelling will have resolved. The bruising varies but generally it will last anywhere from 5 to 7 days. It is ok to wear make-up to hide whatever bruising there is.

Driving: Do not drive until you are off of your pain medications. If you drive while taking narcotics you can be arrested and charged with DUI.

Follow-up: Call the office when you go home to schedule your follow-up appointment. I will see you in 5 to 7 days for splint removal.

Questions: If you are unsure of something please call. The office number is 721-0330.