



POST-OPERATIVE INSTRUCTIONS POST RHINOPLASTY

You will probably have tape and/or a cast material over the bridge of your nose. Additionally, there will probably be a small amount of anterior packing that is nothing more than a ball of gauze in the front of the nose. This is only there to keep blood from dripping out of the nose the first night.

- 1. NEVER WEAR EYEGLASSES** over a nose that has a dorsal graft or has had osteotomies. Please ask your doctor if you are going to have those procedures done on your nose prior to surgery so that an alternative for your visual needs can be arranged.
- 2. Remove the packing** on the first morning after surgery in the front of the nose. That can be done by using a tweezers and gently pulling on the packing. It will come out very easily.
- 3. SALINE SPRAY** in the nose frequently is very important to prevent crusting and to promote healing within the nasal cavity.
- 4. Do not rub or touch the nose.** There are usually sutures at the base of the nose and inside the nose. If these come unraveled, it will leave an unsightly scar.
- 5. The wound and stitches** on the skin of the middle of your nose (columella) will need to be cleaned three times a day with peroxide and covered with antibiotic ointment such as Neosporin or Bacitracin. The incision should be kept moist with ointment at all times. They are found just below the tape going underneath your nose, if you cannot see them, it is because clear sutures were used.

6. DO NOT SNEEZE OR BLOW THROUGH YOUR NOSE. The nose should be treated with great caution to avoid having any significant complications in regards to shifting of the nose, poor cosmetic result or bleeding.

7. After the tape and cast have been removed, there may be some asymmetries at the tip of your nose. This is nothing to worry about. These are very common, and they are from asymmetric swelling rather than some asymmetry of the nose usually. We usually wait three to six months before fixing any cosmetic problems with the nose because the tissues of the nose will change radically over that period of time. Should the tape and cast fall off of the nose prematurely, that is within five days of the surgery, please call us, as you will need to be re-taped or possibly even have a new cast put on in that interim.

8. BRUISING is not uncommon around the eyes. It is minimal, however, and usually resolves within five to seven days.

9. Please call your doctor should you experience any visual changes.

MY POST-SURGICAL INSTRUCTIONS HAVE BEEN REVIEWED AND EXPLAINED TO ME. I UNDERSTAND THESE INSTRUCTIONS AND ALL MY QUESTIONS WERE ANSWERED.

Signature: _____

Date: _____