



## **RHINOPLASTY PRE-OPERATION AND POST-OPERATION INSTRUCTIONS**

### **PRE-OPERATION CARE**

- Stop taking any NSAIDs such as Advil, Motrin, Ibuprofen, Celebrex, Aleve, Naproxen 2 weeks prior to surgery.
- Stop taking any fish oil, flax seed oil, Omega 3's, Vitamin E, herbal supplements, or other over-the-counter supplements and vitamins 2 weeks prior to surgery.
- Refrain from all nicotine products 2 weeks prior to your surgery and during recovery.
- If you trim your nose hair regularly, trim it prior to surgery.

### **POST-OPERATION CARE**

- It is normal to have blood or mucus oozing from your nose for at least 2-3 days after surgery.
- Change the gauze pad under your nose as needed if it becomes dirty or bothersome.
- It is normal to have to change the gauze pad 10-15 times per day for the first few days after surgery.
- Apply antibiotic ointment to your incision and inside each nostril 3 times per day.
- Use saline sprays, 2 sprays per nostril at least 4-5 times per day for 2 weeks after surgery.
- If possible, sleep with your head elevated on at least 2 pillows for 2 weeks after surgery.

### **POST-OPERATION CARE SUPPLIES**

- Paper tape
- Arnica (pills or crème)
- Gauze (4x4 in.)
- Saline spray (squeeze bottle mist)
- Afrin or Nasal decongestant spray
- Care supplies available at our office for an additional fee

### **ACTIVITIES**

- No heavy lifting or strenuous exercise for 4 weeks.
- Do not wear glasses for at least 6 weeks after surgery as the nasal bones are still healing.
- Do not lift more than 20 pounds for two weeks after surgery.
- Do not perform any activities which could hit or injure your nose for 2 months after surgery as it takes 6-8 weeks for the nasal bones to heal completely.
- You may drive if you are not taking the narcotic pain medication.
- You can eat and drink anything you would like immediately after surgery.

## **MEDICATION**

- A prescription for a strong narcotic pain medication may be provided to you. Take this as needed. It can cause a little nausea, so it is best to take this with food.
- Once the pain has improved it is OK to exchange the narcotic for plain Tylenol as directed on the bottle but there is Tylenol in the narcotic so do not take them together. Do not exceed more than 4000 mg of Tylenol per day as this can damage the liver.
- Nausea medication will be prescribed. Take this as needed.
- Antibiotics will be prescribed to prevent any infection. Take this as directed and complete the entire prescription.
- If any refills are needed, please call the office before you run out, preferably on a weekday, so we can have time to prescribe a refill before you run out.

## **SWELLING AND BRUISING**

- It is normal to have swelling of the forehead, cheeks, eyes, or upper lip.
- It is normal to have some black eyes or bruising of the cheeks or upper lip after surgery.
- It takes 2 months for 80% of the swelling to resolve. A small amount may last up to 1 year.
- It is normal for swelling to change throughout the day or day to day. Swelling may go from side to side or top to bottom depending on your activity and positioning.

## **NASAL BREATHING**

- Your nose will be congested for about 2 weeks after surgery due to the swelling inside your nose.
- It takes about 2 months for the lining of the nose to heal completely so your nose may be stuffy or runny at times until it heals completely.
- You may still need to use allergy medication after surgery to treat the inflammation or allergies in your nose which cannot be treated by surgery.

## **SALINE SPRAYS AND RINSES**

- Use nasal saline sprays starting the day after surgery. Use 2 sprays per nostril at least 4 times per day for 2 weeks after surgery. These may be purchased at any pharmacy or grocery store.
- The saline sprays will help to clear out any blood or mucus that may be in your nose.
- The spray may feel like it is not going in your nose but that is OK.
- You can use these sprays as much as you would like as they are made of only salt water.

## **BATHING**

- You may shower or bathe from the neck down immediately after surgery.
- Do not get your nasal dressing wet. You can wash your face with a washcloth.
- You may wash your hair carefully so as not to get your nasal dressing wet.

**Kevin Caceres, MD**

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## **RETURN TO WORK OR SCHOOL**

- Most patients take about 1 week off work or school.
- If you have a desk job or work remotely you can return to work in a few days if your pain is controlled.
- If you have a job with dirty air exposure or heavy lifting, you will need two weeks out of work.

### **NOTIFY OUR OFFICE IMMEDIATELY**

- If you have severe pain that is not controlled by the pain medication that was prescribed.
- If you have any skin changes of the nose, rashes, fevers above 101 degrees or severe bleeding.

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