

POSTOPERATIVE INSTRUCTIONS RHINOPLASTY (NASAL SURGERY)

1. Bedrest for 24 hours with head elevated on 3 pillows. You may go to the bathroom with assistance as needed.
2. You will need to be around frequently for 24 hours after you get home. Talk, deep breathe and do your foot and leg exercises.
3. Deep breathe every 2-4 hours for the first 48-72 hours after surgery.
 - A. Inhale as deeply as possible. Hold this breath for a few seconds and exhale completely. Repeat ten times.
4. You will need to do foot and leg exercises while you are on bedrest, every 2-4 hours.
 - A. Foot exercises:
 1. Push the toes of both feet toward the foot of the bed and pull them back toward your chin. Repeat this three times and relax.
 2. Circle the left ankle to the left three times and then to the right three times. Repeat with the right ankle.
 - B. Leg Exercises:
 1. For each leg, bend the knee and slide your foot as close to your buttocks as possible, then stretch out completely and relax.
 2. Mover your left leg outward to the side of the bed and then back to the center of the bed three times. Repeat this exercise using the right leg.
5. Sleep with your head elevated on 3 pillow for one week.
6. Start out drinking Coca Cola Classic. If tolerated (no nausea or vomiting), you may have other liquids and light foods to eat, such as bread and baked potatoes. Eat lightly and drink plenty of fluids for the first 24 hours after surgery. You may resume regular diet after 24 hours.
7. Once taking and tolerating fluids, resume the prescription medications and take until completely finished. Take according to the instructions on the bottle. Eat bread before taking an antibiotic.
8. Continue taking the vitamin C and the multi vitamin with iron for two weeks after surgery. (No more than 1000 mg total of vitamin C per day)

9. No bending or stooping for two weeks.
10. No physical exertion (house cleaning, gardening, exercise, etc.) for 3 weeks after surgery.
11. No vigorous sports or activities for 6 weeks.
12. No contact sports for 3 months. Also avoid snow and water skiing, due to the insensitivity of the nose postoperatively.
13. Nasal splint/tape will be on for 5 days. DO NOT REMOVE.
14. The mustache dressing may be changed as needed.
15. Use the Ocean or Afrin nasal spray 3-5 times per day to keep nasal membranes moist. If you have nasal packing in, do not use the spray until after the packing is removed. Use the spray as long as dryness persists. The doctor will let you know when to start using the nasal spray, usually on the 4th day postoperatively.
16. Do not blow or sniff nose for 6 weeks after surgery unless otherwise instructed.
17. You can expect:
 - A. Moderate discomfort.
 - B. Moderate swelling.
 - C. Bruising – varies.
 - D. Stains of blood on the mustache dressing.
 - E. May or may not have nasal packing.
18. Call 749-5522 if you have:
 - A. Severe pain not responding to the pain medication.
 - B. Excessive nasal drainage, or drainage in the back of your throat.
 - C. Marked swelling.
 - D. Nausea or vomiting.
 - E. Unsteadiness of gait or fainting.
 - F. If you call after office hours, tell the answering service that you are a postop surgical patient and need to speak with the doctor. To ensure the page has connected, please return the call to the answering service if you do not get an immediate response.
19. DO NOT operate a motor vehicle or other machinery for 48-72 hours after surgery.
20. No smoking for 2 weeks.

21. Avoid aspirin and aspirin containing products such as Advil and Motrin for 2 weeks.
22. Do not wear glasses of any kind for 4-6 weeks, unless otherwise instructed.
23. Be careful not to bump or hit your nose for 3-6 months.
24. No sun bathing for 1 month.
25. Sexual activities may be resumed after 2 weeks.
26. You will be seen in the office the day after surgery. Make arrangements for someone to drive you.
27. Postoperative depression is not uncommon after any form of cosmetic surgery. Such depression is usually related to the immediate postoperative discomfort, anxiety over appearance (swelling and bruising) and limitation of activity and socializing. These feelings will disappear as your appearance improved and you return to your usual activities and interests.

PRESCRIPTIONS NO ALCOHOL WITH PRESCRIPTIONS

Moisturizing nasal saline or gel - begin as directed.

Entex LA – Take 1 pill twice a day until gone.

Antibiotics

Pain Medication

Nurse's Signature

Date

Patient's Signature

Family Member's Signature