



Rhinoplasty Aftercare Instructions

After surgery, your nose will be packed with a soft nasal silicone splint. This will be removed by a clinical staff member 5 -7 days after your surgery. The nasal splints will make breathing through your nose difficult, so you will have to breathe through your mouth. Your mouth will become very dry. Please drink as much fluid as you can which will help you from becoming dehydrated. Drinks at the bedside along with a humidifier (cool or warm) may help.

You will have a gauze drip pad placed beneath your nose. Change this as needed for the first 72 hours following rhinoplasty surgery. It is common to change this every 15 minutes for the first several hours following rhinoplasty. If you completely saturate the pad with bright red blood every five minutes, please call our office.

Ice: Ice during the day and evening of surgery, and cold moist compresses are used continuously over the eyes to minimize swelling and control bruising. Puffiness and bruising can occur; if present, usually regress over the next few days. There are several techniques for icing which are effective. The glove with ice and cool compresses are the preferred methods. Icing for 24-48 hours is recommended, icing after this period can be used for comfort.

Wound care: Incisions should be cleaned twice per day. Gently clean the sutures with a Q-tip dipped in hydrogen peroxide and then apply the ointment (polysporin/bacitracin/stratamed) twice a day. Use the saline spray, 1-2 sprays each side, every hour while you're awake. Start using the saline spray the morning after your surgery. The cast must remain on your nose for 5-7 days after rhinoplasty surgery. It must be kept dry or it could become loose. Notify our office immediately if the cast falls off. The sutures will be removed 4-7 days after your surgery.

After sutures are removed, steri-strips with a mild skin adhesive will be applied. Steri-strips should remain dry and in place for two to three days. If they peel off on their own, that is okay. If they have not come off by two to three days you can peel them off gently.

Activity: Sleep with head of the bed elevated or use two to three pillows for one week. No strenuous activity, aerobics, yoga or heavy lifting for 3 weeks after surgery. Seven to ten days after surgery it is okay to participate in some light walking. If you have little children, bend at the knees or sit on the floor and let them climb onto your lap. It is very important to ensure that care is taken to keep the cast dry while bathing.

Bathing: Bathing is fine as long as you don't get your cast wet. Incisions can get wet after 48-hours.

Diet: Advance diet from liquids to soft food to your regular diet as tolerated. Avoid foods that have high temperatures as the roof of your mouth can be numb after surgery.

Breathing: Invariably, there is some nasal stuffiness during the week after surgery. The external edema (swelling) is reflected internally, but the mild blockage will improve steadily. It is imperative to avoid extensive manipulation inside of the nose. Sneeze with your mouth open and DO NOT BLOW THE NOSE VIGOROUSLY. DO NOT USE NASAL DECONGESTANT DROPS (AFRIN) unless otherwise instructed.



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Nasal appearance: At the time of nasal cast and splint removal, you will have your chance to see your nose. It will appear quite swollen but, in most cases, even in this swollen condition, the improvement can be appreciated. It takes time for the skin and soft tissue to adhere to the new framework. This process can last 6-12 months in most patients. During your postoperative visits Drs. Lieberman or Parikh may inject medicines to help contour the shape of your nose.

Nasal exercises: In most cases you will be requested to begin nasal exercises after the cast is removed. These exercises help reduce the swelling in your nose and should be continued for three weeks after surgery. You will be instructed on how to perform these during your cast removal visit. Nasal exercises should be performed two to three times daily for two minutes at a time. Please remember to alternate using your right and left hands.

Wearing glasses: You can wear the glasses with the splint only. You should not wear glasses for at least 4 weeks after the cast comes off. If glasses must be worn, taping the central bridge of the glasses to the forehead will allow as little pressure as possible on the nasal bones. Alternatively, if glasses need to be worn before 4 weeks, a pair of light glasses can be worn for up to 30 minutes total then the glasses should be taken off so they are not weighing down on the nasal bones.

Sun exposure: Your skin should be protected from sun exposure for at least six months after surgery. A sunburn will cause the nose to swell dramatically and delay the final result. Sun avoidance or protection with a hat is preferred. You may begin wearing sun block three weeks after surgery. Use a sunblock with a minimum sun protection factor of 30 that has both UVA and UVB protection.

Makeup: Makeup over the suture lines can be started 12 days after surgery to camouflage any bruising or redness. Make up can be used earlier over areas such as the cheeks if there is bruising that needs to be covered up.

Optimal scar management: Drs. Lieberman & Parikh recommend an initial set of strategies to help minimize the risk of scar formation. This includes the use of a new generation liquid silicone gel – Strataderm. This should be combined with UV protection of the incisions and hydration. Our customized scar management kits are available for purchase in the office.

Final results

Healing from rhinoplasty is an evolution and journey. Final results are not apparent for one full year following surgery. The nose will appear swollen and boggy for the first few weeks after surgery. Please do not be discouraged. Swelling of the nose subsides at a rapid pace over the first 3 months and then the pace slows down from month 4-12. Being perfectionists about our work, you may tell us you are pleased long before the one year anniversary. However, we request that you follow-up with us at that time for postoperative rhinoplasty photographs and so that we can enjoy your final result.

If you have any additional questions, feel free to give us a call at (650) 327-3232.



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CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degree F or greater
- Pain not relieved with pain medication
- Immediate swelling, redness, bleeding and or foul drainage from an incision site
- Persistent nausea and/or vomiting
- Any other concerns

Here is our office telephone: (650) 327-3232. If you need to reach us after normal clinic hours, use the same number and you will be connected to our 24-hour answering service.

I HAVE READ THIS DOCUMENT. IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: ____ / ____ / ____

Print Patient Name: _____

Witness Signature: _____ Date: ____ / ____ / ____