



tenley k lawton m.d.
BOARD CERTIFIED PLASTIC SURGEON

POST-OP INSTRUCTIONS FOR RHINOPLASTY (NASAL SURGERY)

CARE OF INCISIONS

- ✘ Gently clean inside the nose with hydrogen soaked Q-tips and then apply a thin layer of Vaseline ointment with a Q-tip 2-3 times a day.
- ✘ Use saline nose spray as often as needed.

ACTIVITY

- ✘ You may shower (USING WARM, NOT HOT) water, avoiding direct spray of water on the face or around the nasal splint the first day after surgery.
- ✘ Keep upper body elevated following surgery. Sleep on back and elevated 30-40 degrees. Sleeping in a recliner is ideal. Sleep elevated for approximately 2 weeks and on your back for approximately 2 months. It is recommended to sleep alone for 1-2 weeks after surgery to avoid accidental bumping of the nose.
- ✘ Avoid straining or any activity that causes a feeling of pressure in the face and nose. No bending.
- ✘ Check with your doctor before resuming any physical activity (including driving).
- ✘ Do not manipulate the splint or tape dressing. (The splint will be removed by your doctor approximately 1 week after surgery.)
- ✘ Avoid bumping or hitting the nose. It is recommended not to pick up small children. Please notify us if you sustain an accidental blow to the nose causing excessive swelling and bleeding.
- ✘ Do not tweeze the eyebrows for one week following surgery.
- ✘ Avoid excessive movement of the upper lip. Do not pull the upper lip down when applying lipstick.
- ✘ Avoid excessive grinning and smiling.
- ✘ Avoid “sniffing” (constantly and forcibly attempting to pull air through the nose)
- ✘ Avoid constantly rubbing the base of the nose and nostrils with a Kleenex or handkerchief.
- ✘ Avoid sneezing. If you must, let it come out like a cough, through the mouth.
- ✘ Eyeglasses can be worn as long as the splint is on. After that they must be suspended off the bridge of the nose. We will show you how this is done. This is important, for the pressure of the glasses may change the new contour of the nose.
- ✘ Contact lenses may be inserted the day after surgery.
- ✘ Avoid sun exposure as much as possible.

DIET

- ✘ Begin with bland foods (clear liquids, broths, etc.) and advance as tolerated.

- ✘ Resume a well-balanced diet including protein and high fiber foods.
- ✘ Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.
- ✘ Increase fluids such as water and fruit juices (with the exception of citrus fruits) the day of surgery.

MEDICATIONS

- ✘ Take antibiotic as directed by your prescription (on medication bottle).
- ✘ Take pain medication as directed (avoid driving or consuming alcohol while taking prescription pain medicine).
- ✘ If pain is mild, you may take extra strength Tylenol instead per manufacturer's directions. Do not take any products containing ibuprofen (including Advil, Midol, etc.) in place of pain medicine.
- ✘ Take stool softener as directed beginning the evening of surgery.
- ✘ Occasionally, you may encounter a sore throat due to anesthesia. Lozenges, such as Cepacol, will relieve this discomfort.
- ✘ Please check with your doctor before resuming any medications taken on a regular basis.

WHAT TO EXPECT

- ✘ Some bruising and swelling is normal as well as a small amount of blood tinged nasal drainage. You will continue to improve up to one year after surgery. Please notify us if the drainage becomes quite bloody and flows profusely, as when one cuts a finger.
- ✘ Nasal blockage is normal and will gradually subside over a period of time. Salt water (saline) nose spray can be used as per manufacturer's directions.
- ✘ The lips may become dry from breathing through the mouth; you may use Vaseline, chap stick, or lipstick to coat them.
- ✘ Occasionally a patient will run a low fever (about 100 degrees). Please notify us if it persists longer than 24 hours or if it goes higher than 100 degrees.
- ✘ Some mild nausea or vomiting is not uncommon the first 24 hours following surgery. Please notify us if you are experiencing severe nausea and vomiting and are unable to keep liquids down.
- ✘ Many patients have some periods of discouragement or mild depression after cosmetic surgery. It is natural to be concerned when your face is swollen and bruised.
- ✘ Resuming social activities and returning to work depend upon the level of physical activity and public contact you require, as well as the swelling and bruising you may develop. The average patient goes back to work or social activities in 7 to 14 days.

***** SURGERY AND SMOKING DO NOT MIX *****

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases. If you should have any problems or questions, please do not hesitate to contact our office at: 949-640-0999