



Rhinoplasty: What to Expect

Before Your Surgery

- One week before your surgery, please stop taking the following medications:
 - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, etc. as these can increase your risk of bleeding during and after surgery
 - Aspirin and any Aspirin containing medications
 - Cold medications that contain Aspirin or NSAIDs
 - Multivitamins and any over the counter supplements
- Please notify your surgeon's office if you currently take any blood thinning medications such as Warfarin, Plavix, Lovenox or Fragmin
- Please call your surgeon's office if you have any questions regarding medications that you should/should not take before surgery
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water

Hospital Stay

- If you remain in the hospital following surgery you will be discharged the following morning
- After surgery you will have a nasal splint in place on the outside of your nose and will likely have packing inside your nose. Both the splint and packing will remain in place until your follow-up appointment
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication

Activity Following Surgery

- **No** heavy lifting (greater than 10 pounds) or bending over for 2 weeks. This may increase pressure in your head and discomfort
- Do not drive until you have stopped taking narcotic pain medication and you have been cleared by your surgeon

Pain

- You were likely prescribed pain medications. Take them as needed for pain. As your pain decreases you will be able to decrease the use of the narcotic pain medication and control pain with Tylenol only. Do not exceed 4 grams of Tylenol daily
- Please avoid taking NSAIDs such as Ibuprofen, Motrin, Aleve, etc. for a minimum of two weeks after surgery. These medications can increase your risk of bleeding
- If you were prescribed a narcotic pain medication, it can cause constipation. In order to avoid constipation, increase your fluid intake you may also need to take a stool softener such as Colace or any of the other over the counter stool softeners
- Do not drive or drink alcohol while taking pain medication as it can make you drowsy and impair your judgment

Diet/Appetite

- You may resume your pre-hospital diet
- Drink plenty of fluids, at least eight glasses of eight ounces each day to help prevent constipation associated with pain medication

Caring for Your Wound

- It is normal to have some bruising and swelling for a few days and even weeks after surgery
- You should place cool compresses over your eyes for up to 48 hours and as needed after your operation to help prevent swelling. Do not place ice directly on skin. You may do this by soaking a clean washcloth in ice water, wring it out and place over eyes
- Please keep head elevated on 2-3 pillows when lying down to prevent swelling
- You may sponge bathe or shower but **must** keep your nasal splint dry at all times as water may cause the splint to change shape and fall off
- Please leave your nasal splint and packing in place until follow-up, unless directed otherwise at the time of discharge

Medications Following Surgery

- Resume your pre-hospital medications. Follow-up with your primary care physician regarding new prescriptions or refills of your home medications
- If you have nasal packing in place you will need to remain on antibiotics until it is removed. If you do not have packing in place and were given a prescription for oral antibiotics, please complete the entire course that was prescribed. Do **not** stop taking the antibiotic just because you feel better
- If you can tolerate taking pseudoephedrine (Sudafed) you may take this as directed on the package for up to three days to help eliminate any congestion. This medication is available over the counter. Please check with your primary care provider before taking this medication if you have high blood pressure or any heart conditions

Follow-Up Appointment

- If you are not given a follow up appointment when you leave the hospital, call your surgeon's office and make an appointment to be seen within one week after your surgery
- At this appointment, we will check your incisions and remove any dressing/or stitches. Your surgeon will also discuss the results of the surgery and your treatment plan

When to Call Your Surgeon's Office

- A small amount of bleeding from the nose is common while the nose is packed, and often occurs to a minimal degree after the nasal packing is removed. If bleeding is substantial, please call your surgeon's office to notify them
- If you have a fever greater than 101°F, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication
- If you notice signs of wound infection (redness/tenderness at or purulent discharge from your incision)
- If you have other concerns
- Please call 911 or go to the closest Emergency Department for any life threatening emergencies