

POST-SURGERY INSTRUCTIONS: RHINOPLASTY

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch for following nasal injury repair include:

Swollen, tight and bruised nasal and cheek region, including bruising and swollen eyes. Nasal stuffiness, post-nasal drip and headache. Numbness or swelling in the region of the nose, lips and cheeks. These are normal experiences as the skin, facial bones, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort.

Consistent sharp pain should be reported to our office immediately.

To alleviate any discomfort, and to reduce swelling, you may apply soft, cool (not cold) compresses over your eyes and nose. Do not apply ice or anything frozen directly on the skin. Do not apply anything cool on your cheeks or neck. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply any compress gently; do not apply any pressure. Apply cool compresses for no longer than 20-minute intervals. Do not apply any heat.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Excessive bleeding or fluid seeping from the nose or mouth.**
- **A severely misshapen appearance, excessive bruising or fluid retention that is localized to the side of your face or nose.**

SPLINTS

You may have a splint over your nose to protect and support nasal structures as you begin to heal. **Do not remove this splint for any reason**, unless directed specifically by Dr. Julius Few.

PACKING

Nasal packing may be used to help support nasal structures during initial healing and to prevent drainage from secreting into your throat. **Do not remove packing for any reason**, only Dr. Few can remove your packing.

DAY OF SURGERY INSTRUCTIONS:

- Walk every 2 hours for 10 minutes while awake
- Resume daily activities as tolerated
- Do not blow your nose for any reason
- Do not allow glasses to rest on nose
- You may resume all medications immediately after surgery
- Sleep at 45 degree angle (2 pillows) for 1-2 weeks
- Keep incision clean and dry.
- Do not remove steri-strips (little white or brown tape strips)
- You may shower 24-48 hours after surgery.
- Do Not Drive while taking a narcotic medication
- You may switch to Ibuprofen 24 hours after procedure
- Do not lift, pull, or push anything heavier than 5lbs for 2 weeks post surgery
- No exercising for 14 days after surgery
- Schedule follow up appointment 3-5 days post surgery

To contact Dr. Few after hours, please call the answering service at 312-202-0882 , and press "0"

