

# Rhinoplasty

## Patient Care Instructions

### ***General Information***

A rhinoplasty or “nose job” is a procedure that is done to reshape the nose. A rhinoplasty is an elective procedure that may be combined with septoplasty, which usually is medically necessary to improve nasal breathing. Incisions are small and hidden. This procedure is performed under general anesthetic and is an outpatient procedure.

### ***Pre-Operative Guidelines***

Smoking should be stopped a minimum of 4 weeks prior to surgery. Smoking should be avoided for at least 4 weeks after surgery as well. Smoking can greatly interfere with healing and lead to postoperative complications.

Do not eat or drink anything after midnight the night before surgery. This includes no water, gum or hard candy. Blood pressure and/or heart medications can be taken with a sip of water as directed by your prescribing physician.

Do not wear any facial or eye make-up.

If you take medication for diabetes, then confirm with your prescribing physician how to manage these medications prior to surgery.

If you are prone to nausea or motion sickness let your anesthesiologist know on the day of surgery. Medications can be started prior to surgery or during surgery to help improve your postoperative experience.

### ***Post-Operative Instructions***

Take pain medications as directed. Do not drink alcohol with these medications. Do not take pain medicines on an empty stomach.

You may take nasal decongestant e.g. Sudafed to help with nasal stuffiness.

You may resume all your home medicines as you normally take them.

Iced packs should be applied across the eyes for the first 48 hours to minimize swelling and discoloration.

Keep your head elevated to minimize swelling. A recliner works well or adding an extra pillow on your bed is adequate.

Take a stool softener/laxative, such as Colace, Biscodyl, or Milk of Magnesia, until bowels begin to function normally after surgery. A combination of anesthesia and pain medication usually makes this necessary for a few days.

Do not smoke or be around smoking as even secondhand smoke delays healing and increases the risk of complications.

You may resume a normal diet after surgery. Do follow a well-balanced diet and drink plenty of fluids.

### ***Activity Restrictions***

Do not sleep face down or on your sides, as this could increase swelling.

Avoid bending or heavy lifting for the first three weeks.

Avoid prolonged sun exposure for the first three months.

Avoid extreme physical activity including athletic activities. You may resume light walking soon after surgery. Aerobic exercise, weight training, heavy lifting, and straining may be gradually resumed six weeks after surgery.

### ***Incision Care***

Any permanent sutures will be removed in the office.

Makeup may be used 7-10 days after surgery.

You may shower 2 days after surgery.

### ***Post-Operative Expectations***

You can expect some bruising and swelling. Most of the bruising will fade in two to four weeks.

You will have splints inside your nose and possibly on the top of your nose.

It will take about seven to 10 days before returning to work, and resuming normal activities. Strenuous activities are allowed 6 weeks after surgery.

Constipation is common after surgery in relation to anesthesia and pain medications. Stool softeners/laxatives, staying hydrated and ambulating will help bowels return to normal.

***When to Call the Office***

If you have swelling or redness around the incision.

If you have severe pain not relieved by pain medication.

If you have any side effects from medication: rash, nausea, headache, vomiting.

If you have temperature over 101 F.

If you have yellow or green drainage from an incision or notice foul odor.

For medical questions please call 817-702-9100.

***Follow-up Care and Appointments***

You will be seen approximately 1 week after your surgery. If for some reason you do not have an appointment scheduled, please call 817-702-9100.