

RHINOPLASTY POST-OPERATIVE INSTRUCTIONS

Supplies to have at home before surgery:

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)
- Q-tips and hydrogen peroxide
- Polysporin original ointment
- Saline nasal spray
- Otrivin nasal spray

Activity:

- Keep your head elevated to decrease swelling. This can mean sleeping in a lazy-boy recliner or with at least 2 pillows while in bed.
- If you have a plaster splint, do not get it wet
- Try not to sneeze, but if this is unavoidable, sneeze with your mouth open
- Do not blow your nose for 8 weeks
- Avoid excessive physical activity, bending over, or lifting objects greater than 10 lbs
- Don't sleep with pets in bed for the first week after surgery
- Avoid smoking or exposure to second-hand smoke

Medications:

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**
- Antibiotic (cephalexin or clindamycin) is to be started the morning after surgery until completed
- Resuming blood thinner medications should be discussed with your surgeon before starting them post-operatively
- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

- Saline nasal spray can be used 3-4 times per day to reduce congestion. IF YOU HAVE NASAL STENTS IN PLACE, YOU DO NOT NEED TO USE SALINE NASAL SPRAY UNTIL THEY ARE REMOVED.
- Otrivin is only to be used in the case of persistent nasal bleeding. REPEATED USE OF OTRIVIN CAN LEAD TO REBOUND NASAL CONGESTION, SO ONLY USE IT IF ABSOLUTELY NECESSARY.

Wound Care:

- A small amount of bleeding from the nostrils and incisions for the first 2-3 days after surgery is normal
- Any dried blood along the incision line or nostrils can be safely removed with the use of a Q-tip dipped in hydrogen peroxide. This can be done twice a day, followed with a thin application of Polysporin to the incision line.
- Do not continue to apply Polysporin to the incision line daily past 1 week. This can result in a rash or allergic reaction.
- Bruising and swelling around the eyes peaks at 2-3 days after surgery. The frequent applications of a cold compress over your eyes in the first 48 hours after surgery can be helpful, but do not get the splint wet.

First Post-operative Appointment:

- Run water over your splint before your appointment so that it will be easier to remove
- At your appointment your surgeon will remove your splint and any skin sutures present
- Internal sutures will dissolve on their own over the first post-operative month
- After splint removal, avoid striking or bumping your nose. Avoid rolling onto your nose while sleeping during the first 4 weeks after surgery.

Recovery:

- It will be at least one year before you see your final result. This is how long it takes for all of the inflammation and swelling to resolve.
- You may have some degree of nasal congestion for several months after surgery
- Avoid wearing glasses or sunglasses for the first four weeks after surgery. If this is unavoidable, glasses can be taped up to the forehead so they don't rest on your nose. Contact lenses are fine to wear starting the day after surgery.

- Sunscreen is extremely important. The use of SPF 45 or higher along the incision line will prevent pigment changes due to sun exposure. This can be started 2-3 weeks after surgery.

RED FLAG SYMPTOMS:

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Increasing pain, redness, foul odour or drainage from the incision
- Fever exceeding 38.3°C
- Excessive nasal bleeding
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

Do not hesitate to call with any questions or concerns.
Clinic business hours (9AM to 4 PM): 613-595-1880
After hours: 613-219-9636 (Dr. MacArthur Cell)

Patient signature: _____

Date: _____

RN signature: _____

Date: _____