



W H I T B Y
PLASTIC SURGERY

Rhinoplasty/Septo-rhinoplasty Post operative instructions

Dressings

Dr. Chambers will put tapes +/- a splint on you at the time of surgery. Please leave these in place until your follow up appointment. If you have nasal packing in place please leave this in place until your follow up visit post operative day number one (unless you were told these are dissolving). Do not pull on the strings. If you have any oozing or bleeding taping a gauze under your nose should absorb this.

Pain

You will be provided with a prescription for pain medication. Ideally this should be started right after leaving the hospital, before any pain starts. Take the medication regularly over the 1st 24 hours in addition to Tylenol even if you are not having any discomfort, then switch to take as needed. Please do not take aspirin or herbal medications for this first week. You should not drive while taking prescribed pain medication. Advil can be added after 36 hours.

Pain medication can cause constipation. It is recommended that you pick up a stool softener such as Colace with your prescription to avoid straining bowel movements.

Activity

It is important to start moving right away. This includes trips to the bathroom and kitchen. Please avoid lifting over 10 lbs for the first 2 weeks. Please avoid vigorous exercise for the first 4 weeks after surgery.

Sleeping with your head elevated >30 degrees for the first week is helpful to minimize swelling. Ice packs should be used for the first 2-3 days. A good way to do this is to crush up ice and place it into a zip lock bag. Wrap this in a thin towel and place over the nose and eyes for 20 minutes at a time.

What to Expect after Surgery

You can be tired after a general anesthetic for up to a week. Low grade fever and nausea are not uncommon up to 24 hours. For this reason, it is recommended that you advance your diet gradually. After the first day it is okay to eat what ever you want. We recommend increasing your protein intake over the first 2 weeks.

You may have some decreased sensation in the skin of your nose, upper teeth and roof of mouth due to the stretching and lifting of the skin and nerves. This will improve. You may also have some increased difficulty with breathing through your nose. This will improve with time. This is normal.

If your surgery involved breaking and resetting the nasal bones it is not uncommon to have black eyes. These should resolve after 7-10 days.

Noses are often swollen after rhinoplasty surgery noticeably for 4-6 weeks. This will improve with time. You will not see your final result until at least 6-12 months after surgery.

Reasons for concern

Signs of infection including redness with increased pain and swelling. Sometimes this is accompanied with a foul smelling discharge. Please call the office or attend the emergency department if this is after hours. If you have significant bleeding (soaking gauze in less than 5 minutes) please contact the office or go to emergency.

Sudden onset shortness of breath and chest pain can be a sign of a pulmonary embolism. If this occurs and is persistent go immediately to the emergency department for assistance or call 911 if you have no help.