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Rhinoplasty Postoperative Instructions

Thank you very much for allowing us to perform your surgery. Please call us at any time if instructions are not clear or issues are not addressed in this instruction sheet. Pain medication and general anesthesia can cause constipation. It is helpful to start on a stool softener, such as Colace, a few days before surgery. If constipation is a problem after surgery, you may use a glycerin suppository or Fleet enema.

WHAT TO EXPECT

Your surgery will usually be performed as outpatient. You will awaken with a splint over the nose and pad under the nose. You can expect some drainage on the pad and some to the throat. There may be mild to moderate pain. Do not take your pain medication on an empty stomach. Eat a light snack, such as crackers, about 30 minutes before you take your pain medication. You may have bruising around the eyes.

WHAT TO DO

Plan on resting the day of surgery with your head elevated as in a recliner.

Change the pad under the nose as needed. When the pad remains dry, you may remove it.

The splint on the outside of your nose will be removed at your first post-op visit (five days). Any splints and/or packing inside your nose will be removed at that time as well.

Apply antibiotic ointment (Polysporin, Neosporin, Bacitracin) to the incisions with a cotton swab three to four times daily.

Cool gauze soaked in ice water may be applied to the area. Use these cool compresses for 15 minutes on and 15 minutes off as needed. Do not put ice directly on your skin. You could have numbness to the area, and direct ice can damage the skin.

Do not shower until after your first post-op visit. You may tub bathe, being careful to not get splint wet.

Eat if you are hungry. Drinking clear liquids is very important.

WHEN TO CALL

If you have excessive pain or increased bloody drainage – call our office.

If you run a fever, or have chills – call our office.

If you have persistent nausea or vomiting – call our office.

If you are uncertain about a medication or treatment – call our office.

If you are experiencing any adverse symptoms or changes that you do not understand – call our office.

Phone Numbers:

Cool Springs Plastic Surgery – 615-771-7718

Dr. Moore's Cell – 615-476-2784

Dr. Sarosiek's Cell-215-910-1187

*In the event of an emergency, please call, do not text