

Rhinoplasty Post-Operative Care

- Make sure you have a post-operative appointment scheduled one week after surgery.
- You may resume all medications as per your medical doctor.
- Take your antibiotics or pain medication as prescribed. Having some soreness and pain is normal after surgery. If something makes you sick, please call the office.
- The splint and sutures will be removed at your post-op appointment.
- You may shower 2 days after surgery, but the splint cannot get wet. Keep it covered with plastic wrap and stand with your back to the shower spray.
- You will have dried pieces of blood in and around your nostrils in addition to some dissolvable stitches on the inside. You may gently clean the area with a Q-tip soaked with 50/50 solution of water with hydrogen peroxide.
- You may also gently clean out your nostrils with saline nasal spray. Lean over your sink and squirt saline nasal spray up into your nostrils and let it drip out. Do not tilt your head back while doing this.
- Sleep on your back for the first week, sleeping elevated in a recliner or with 3-4 pillows is advised.
- Some bruising under the eyes and mild swelling is normal. You may put make-up over the bruising.
- For the first week, walking/walking on incline/stationary bike is OK.
- Avoid any strenuous exercise (including jogging) for the first month.
- There are no restrictions after the first month.
- We will review further care with you at your post-op appointment.
- If you notice any redness, unusual swelling/discharge, or fever please call the office.