

RHINOPLASTY/SEPTOPLASTY

Post-operative Instructions Following Nasal Surgery

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1. Right after Surgery: Your main goal during the first few days to a week after surgery is to help the nose heal by minimizing swelling. You can do this by:
 - i- Keep your head elevated at 45 degrees by either sleeping in a recliner or having several pillows behind your back
 - ii- Apply an ice pack to your nose and eyes in the first 24 hours.
 - iii- Avoid bending over, heavy lifting or any other activity that makes your face or nose feel pressure.
2. Swelling and bruising: will be at its most noticeable stage at around 2-3 days after surgery and will then start to subside. After the splint is removed, any residual bruising may be covered with makeup. Most bruising disappears by 7-10 days after surgery. AVOID the sun when you have bruising as it will significantly prolong resolution of bruising. Much of the swelling resolves in the first 6 weeks, but some swelling of the nose persists and will take up to a year to resolve, especially in the tip of the nose.
3. Nasal Splint: Do not allow the nasal splint to get wet and do not manipulate the nasal splint. Keep the nose splint DRY at ALL TIMES. Your splint will be removed 8-10 days after surgery. You may also have internal nasal splints which will be removed at the same time as the external splint.
4. Dressings: Change the drip pad under your nose as you need to and when it gets soiled. You may stop using it when drainage from your nose stops (usually around 1-3 days after surgery).
5. Eating: Start with light and soft meals. As you get more comfortable, you may progress to regular food. While your nose splint is in place, avoid foods that require lots of chewing. Drinking fluids is very important after surgery; at least 1 quart a day (about a liter). Try to drink non-caffeinated fluids.
6. Medications: Take your medications as prescribed. You only need to take the pain medication, if you have discomfort. Taper off the pain medication when your pain level starts to decrease during the first week. The stool softener helps

prevent and relieve constipation, but it is effective only if you are drinking plenty of fluids.

7. Driving: Do not drive yet. Once you are NO LONGER TAKING pain medication at all, and are feeling comfortable, you may start driving.
8. Exercise: Avoid exercise and aerobic activity for 6 weeks after rhinoplasty. While you may start some light exercises around 4 weeks, this could slow the resolution of your nasal swelling, or make it worse. Early heavy activity can also cause nasal bleeding.
9. Glasses: Avoid wearing sunglasses or regular glasses for at least 2 months after surgery. Doing so may affect the final contour of your nose. Do not drive if you are unable to wear your prescription glasses or contacts.
10. Flying: Nasal surgery results in significant swelling inside the nose making the sinuses unable to adjust to changes in air pressure effectively. This may cause discomfort and pressure build-up while flying or driving down from mountains.
11. Follow-up: During your preoperative appointment, you will be given a print out detailing the dates and times for your surgery and your first postoperative follow-up appointment. This sheet will be in the black folder given to you at our office.