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## Rhinoplasty Post-Operative Do's and Don'ts

### After surgery you will need to:

- Absolutely keep your splint dry (no steamy showers/baths, cleaning with cotton swabs).
- Sleep with your head elevated at a 45 degree angle.
- Eat something every time you take pain medication to avoid nausea.
- Apply an ice pack to your nose and eyes in the first 24 hours, only.
- Change the drip pad under your nose as you need to and when it gets soiled. This can be removed if your nose is no longer draining.
- Refrain from picking/ cleaning the dried blood around your nose. Dr. Behmand will help clean this for you during your splint removal appointment.

### To protect the outcome of your surgery:

- DO NOT apply ointment to the nose or incisions.
- DO NOT wash or touch the area around the tip of your nose or pull on your nostrils.
- DO NOT blow your nose or try to keep the inside of the nose clean.
- DO NOT drive a car until you have stopped taking pain medication and are comfortable enough.
- DO NOT exercise or elevate your heart rate for a full 6 weeks after surgery, or until given clearance by Dr. Behmand.
- DO NOT wear sunglasses or regular glasses for at least 8 weeks after surgery.

Please also refer to your complete post-op instructions given to you at your pre-op.