Post Operative Care After Rhinoplasty

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Congratulations, you have just undergone a complex surgery to improve the appearance of your nose. Your recovery from surgery will be assisted greatly by following these postoperative instructions.

You will note that there is a dressing on your nose that will be kept in place for 7 days. The dressing will help give you a better result. Please keep the dressing dry. If blood accumulates on your upper lip or nostrils, please gently cleanse these areas with Q-tips dipped in hydrogen peroxide. Apply a little bacitracin or Neosporin ointment to your upper lip and nostrils to help keep the area clean.

• Keep your lips moist using Chapstick or Blistex.
• Keep the ice packs on your face for 24 hours.
• Keep your head elevated on 2-3 pillows at all times. This also reduces the postoperative swelling. Remember that the swelling maximizes after the second day and then starts decreasing.
• Make sure to stay out of direct sun.
• Expect that you will have bruising under your eyes and in the cheek area, Arnica cream or gel will help reduce the bruising.
• You may eat softer foods but expect your foods to taste bland.
• Please take your medications as directed. Your antibiotics are critically important to healing well.
• Avoid bending over, exercise or house chores for the first week.

Call Our Office if you should have any of these symptoms:

• Severe nausea
• Inability to swallow
• Inability to tolerate liquids
• Excessive Swelling
• Difficulty Breathing