

Post Operative Care After Rhinoplasty

Dr. Lester Machado, MD, DDS, FRCS(Ed)

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