

# Michael R. Macdonald, MD

BOARD CERTIFIED FACIAL PLASTIC SURGEON



Aesthetic Surgery & Skin Rejuvenation

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## **RHINOPLASTY (NASAL SURGERY) POST-OP INSTRUCTIONS**

**TO REDUCE SWELLING:** When sleeping during the first week post-surgery, keep your head and shoulders elevated about 30 degrees using 2-3 pillows. Do not bend at your waist thus allowing your head to drop below the level of your shoulders. Refrain from any lifting or straining during this first week as well.

**BANDAGES:** A “drip pad” of gauze is placed under your nostrils to catch any drips of blood that may occur in the first 24-48 hours. You may change the gauze if needed and remove it once any bleeding or discharge has stopped.

If packing of your nasal cavities was necessary, it is removed 1-2 days after surgery. Once removed, saline spray may be used 3-4 times daily to keep your nostrils clear of any dried blood. Do not blow your nose for 14 days after surgery. Try not to sneeze during this time.

Surgical tape (aka “steri strips”) and a plastic splint are placed over your nose and should remain there until your first post-op visit at 7 days after surgery. Do not get these wet.

Any non-dissolvable sutures are also removed at this first post-op visit.

**ICE:** Icing reduces both bruising and swelling which you may experience for 7-14 days. Apply ice at least 20 minutes per hour, while awake, for the first 48-72 hours. Place cold, moist gauze under the ice pack beneath the eyes to transfer the cold to this area.

**MEDICATIONS:** Take all medications as instructed.

**ACTIVITY:** Bed rest is advised for the remainder of the day of your surgery. Walking and working from home is permitted the first day post-op. You can expect to go back to work within 7-10 days. No bending, stooping, or straining is permitted for 7 days. Avoid strenuous exercise for 3 weeks minimum and swimming for 4-6 weeks.

**WASHING/BATHING:** Do not get the splint wet. Bathing is preferred over showering while splint is in place. If any incisions were made on the outside of the nose, then starting 2-3 days after surgery, gently clean the incision by rolling Q-tips with hydrogen peroxide over the suture lines. This removes dried blood and crusts. This cleaning should be done twice per day for 3 days until there is no longer any crusting or dried blood. After cleaning the wounds, Polysporin or Bacitracin ointment should be applied to the suture line(s) 3 times a day.

**DIET:** Only liquids should be taken for the first 6 hours after surgery. A soft diet may be tried thereafter. A normal diet may be consumed the next morning.

SIGNS OF INFECTION: You should notice a gradual reduction in discomfort from the wound. A marked increase in discomfort, increase in redness, or temperature greater than 100.5 should be reported to Dr. Macdonald immediately.

QUESTIONS: Should you have any questions or concerns, please contact the office. If voicemail picks up or it is after hours, Dr. Macdonald's mobile contact number or call coverage arrangements are indicated.