



## **At-Home Instructions**

### **Rhinoplasty**

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call our office at 216-292-6800 if you have any questions or concerns.

#### **General Instructions**

- No exercise or strenuous activities that could increase your blood pressure or heart rate for 4 weeks.
- Limit activity for the first week after surgery. Avoid bending at the waist or lifting heavy objects as bleeding may result.
- Sleep on your back with your head and shoulders elevated on two to three pillows; avoid sleeping on your side. You may resume your normal sleeping position in 4 weeks.
- Keep your head higher than your waist for the first 3-4 weeks to minimize swelling.
- Do not bend over at the waist, squat down instead.
- Do not blow your nose for the first 3-4 weeks after surgery. Lightly dab your nose only.
- 24-48 hours after surgery, you may shower with your back towards the water, avoiding the nasal splint. Use barely tepid, lukewarm water. No hot water or tub baths.
- Avoid strong sunlight or wear a sunhat. Use sun block until all numbness disappears, usually lasting up to 6 months.
- Avoid strenuous activities that could increase you blood pressure for 4-6 weeks.
- Smoking is prohibited at least 6 weeks before and until you are completely healed, and instructed by the doctor. Smoke will irritate the nasal tissue and impede healing.
- Avoid alcoholic beverages for the first 2 weeks after surgery, as this will increase your chance of bleeding.

#### **Diet**

- Resume normal diet as tolerated.

## **Special Instructions**

Follow these instructions for **3-4 BEFORE your surgery** and for another **2 weeks AFTER surgery**.

- There is absolutely NO driving while on pain medication or Valium® (see medicine list given to you with your pre-operative paperwork).

**Do NOT take the following products:**

- Aspirin/low-dose aspirin
- Ibuprofen (Advil®, Motrin®)
- Naprosyn or Naproxen (Aleve®)
- Vitamin E (even small amounts in mutli-vitamins)
- Herbals, homeopathic medicines, or green tea
- Protein Supplements (shakes, energy drinks)
- Growth hormone
- Diet pills (Meridia®, Metabolife®, etc).

**Tylenol containing product (acetaminophen) are safe to take. If you are unsure about what products to take or avoid, call the office at 216-292-6800.**

## **Pain Control/Medications**

- You will receive a prescription for pain medication that can be taken as directed, if needed for pain control.
- The pain medication may cause constipation and does impair your ability to drive or make important decisions (have over the counter Colace or laxative on hand).

## **Wound Care**

You may experience:

- Bruising around the eyelids and cheeks. Use ice compresses on the eyes for the first week after surgery to reduce swelling and bruising.
- Numbness at the tip of nose.
- Swelling.
- Nasal congestion.

- You will have a small amount of bleeding for the first day or two. Do not swallow the blood as it will make you nauseated. It may be necessary to change the gauze pads many times for the first few days. Any profuse bleeding which does not subside in 5-10 minutes should prompt a call to our office.
- Difficulty breathing through your nose occasionally for the first 6-12 months.

### **Other Care**

- The nasal splint should stay on for one week, until your follow-up appointment.
- Stitches will also be removed in one week.
- If you have nasal splints inside your nose, the doctor will tell you when they can be removed.
- You may carefully clean the nostrils with a Q-tip and peroxide twice a day, then immediately apply Neosporin® antibiotic ointment. Use saline spray 3-4 times a day to keep the nostrils moist.
- Do not insert anything into your nose.
- Sneeze with you mouth open to reduce pressure.
- After your splint is removed, your nose will be somewhat swollen. The swelling will decrease over the next 3-6 months.
- Swelling can last and fluctuate for 12-18 months.

Follow-up with your post-operative visit scheduled 1 week after your procedure. At this time, we will remove some of your stitches and give you further post-op instructions.

### **Call the office at the first sign of:**

- Excessive pain associated with pressure.
- Excessive bleeding at the incision.
- Redness, drainage, or odor from the incisions.
- Fever or chills.
- Shortness of breath.

### **Do not hesitate to call if you have questions or concerns!**

The office of Mark A. Foglietti, D.O., FACOS and Alanna F. Fostyk, D.O.  
216-292-6800

**Please call with any questions.**