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RHINOPLASTY DISCHARGE INSTRUCTIONS

Post Op Appointment Scheduled for: _____

Activity:

- No exercise or strenuous activity for 10 days after surgery.
- No driving for 24 hours or while on pain medication.

Bathing:

- Regular showering and bathing, **except** outer nasal splint must remain dry and in place.

Diet:

- No diet restrictions.
- No alcohol for 24 hours or while on pain medication.

Medication:

- Take pain medication and antibiotic (if needed) as directed.
- Tylenol extra strength may be used for minor pain, or supplement with pain pill for moderate pain.

Special Instructions:

- Elevate the head of patient's bed at home by 30 degrees.
- Gently clean inside nostrils using a Q-tip with hydrogen peroxide 4 times a day.
- Use Saline Nasal Spray every 1 – 2 hours to keep inside nasal passages clean.
- You may **gently** blow nose to help keep passages open.
- Do not use Ibuprofen or aspirin until approved by your doctor.
- Apply ice pack to the nose region continually for 48 hours. Use a latex glove and fill the fingers with crushed ice and gently apply on nasal area.

When to Notify the Physician:

- If you see constant bright red blood from the nose or mouth that lasts more than 5 minutes.
- Fever above 101 degrees Fahrenheit that is not relieved by Tylenol.

Remember to schedule your post-op appointment as directed by the physician.