



After Your Rhinoplasty

1. After getting home, continue resting for the next 24 hours with your head elevated. Be aware that you may feel tired and unsteady on your feet. This is normal after surgery. Have someone assist you in getting up, going to the restroom, etc. for the first day or two.

2. Keeping your head elevated when you sleep will help minimize swelling and bruising. For the next 3-5 nights, sleep on your back with 3 to 4 pillows behind your head and back. Bruising and swelling generally subsides within 4-6 weeks of surgery.

3. Some bloody nasal drainage is normal after rhinoplasty surgery. You should avoid forcefully blowing your nose or forceful sneezing for the first 2 weeks after surgery. You may use saline nasal spray hourly to help thin secretions and for comfort. You may also use a Q-tip and ½ strength peroxide to gently clean around the outside of the nostrils if there is excessive crusted mucous or blood. However, please do not stick anything in your nose.

4. To help minimize swelling and discomfort, you may also apply cold compresses to your nose during the first 24 hours after surgery.

5. You may take Tylenol or Motrin/Ibuprofen for pain. You may also be given a prescription for a stronger pain medication. Prescription pain medication should be taken with food to prevent nausea.

6. If you were discharged with an oral antibiotic, it should be taken through its full cycle as directed.

7. Before you go home, we will review which medications you may safely resume. If you have questions regarding which medications you may take, please call.

8. Call Dr. Gage's office **immediately** at 314-251-4530 if you experience any of the following symptoms: Temperature above

101.5°F, shakes and chills, severe unrelieved pain, increasing bright red blood from the nose, or sudden onset of significant facial swelling.

9. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.

10. You must keep all incision sites clean and dry for the first 24 hours after surgery. After 24 hours you are allowed shower, wash your face gently, and shampoo your hair with mild based soap/shampoo. To dry, gently pat with a soft clean towel.

11. Dr. Gage will place tape strips on your nose following your surgery to help stabilize and support your nose as it heals. Depending on the extent of surgery, you may also have a rigid external nasal splint or internal nasal stent/packing. Both the tape strips and the external splint (if present) should remain in place for 1 week. Dr. Gage will discuss when the internal stent or packing needs to be removed.

12. Do not engage in any strenuous activities for the first 4-6 weeks after surgery. Avoid bending over or lifting heavy objects. Exertion that elevates blood pressure can cause bleeding. You may resume light exercise and or your normal activities after your first post-operative visit with Dr Gage.

13. You can expect edema (swelling) as well as ecchymosis (bruising) around your face or eyes after surgery. The amount of edema and ecchymosis depends on the extent of surgery as well as your own tendency to bruise.

14. Because NICOTINE is a vasoconstrictor, **YOU WILL BE REQUIRED TO ABSTAIN FROM SMOKING OR ANY FORM OF NICOTINE** for 2 weeks before and after surgery. This helps to prevent circulatory complications and poor healing. **Be aware that smoking or the use of unapproved medications can lead to complications and jeopardize the results of your surgery.**

15. Dr. Gage highly recommends that you use sunblock with a minimum of SPF 15 for the next 3 months to help protect your incision sites from burning. All fresh new scars are hypersensitive to sunlight, causing a tendency to burn.

It has been our pleasure to provide your surgical care. If you have any additional questions, please do not hesitate to call.