



GRAPER  
COSMETIC  
SURGERY

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## POSTOPERATIVE RHINOPLASTY INSTRUCTIONS

1. Take medications as directed. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. If you are taking an antibiotic, be sure to finish it.
2. Remain quiet with head elevated on two pillows and ice compresses on eyes for 48 hours. Do not lie on your side or face down until released to do so. A partially frozen bag of peas works well as an ice compress.
3. The nasal drip pad may be changed as needed. Do not remove any of the other tape or dressings. If the packing from inside your nose begins to come out, you may clip the ends with scissors or remove it completely if more than 48 hours has passed since surgery. The drainage may last 2-3 days, but should decrease each day.
4. If you experiencing discomfort due to breathing through your mouth, you may use a vaporizer.
5. It is important that you do not sneeze. If you cannot control this, try to sneeze through your mouth and not your nose.
6. Some patients experience nausea after surgery. A clear diet is advised until all the nausea has passed. Carbonated drinks and crackers seem to work well.
7. Do not blow your nose. You may blot if necessary. You may inhale forcefully through your nose after the packing is out to try and dislodge any nasal obstruction that may be present.
8. Do not attempt any strenuous activity until allowed by your doctor.
9. After the internal nasal splints are removed, inhaling warm mist air from a teapot or vaporizer will allow internal crusts to be mobilized and improve your breathing. NaSal is an over-the-counter nasal spray that will also help with crusting inside the nose.
10. Do not wear glasses until the bridge of the nose is non tender. Glasses may be worn by supporting them to the forehead with tape until the tenderness resolves. This is done to not dislodge the nasal bones that have been repositioned.
11. Move your legs and feet often to prevent dangerous blood clots in the legs. Taking big breaths and coughing restores normal lung function after anesthesia.
12. Please call our office if you have any questions or concerns.
13. Call our office soon to schedule your first post-op visit on \_\_\_\_\_.