



## Aftercare instructions, Rhinoplasty

If nasal bleeding occurs, hold nasal pressure for 10 minutes. If it does not stop, then spray Afrin twice in each nostril and hold pressure for 10 minutes. Repeat the Afrin and pressure cycle up to 3 times. If the nose is still bleeding, call the doctor.

If nasal packing strips are in place this will be removed in 24 hours in the office. Internal nasal splints and external sutures are removed at your 5-7day post op visit. Activity level: no heavy lifting for 3 weeks, Do NOT blow nose, Do not rub nose for 3 weeks.

Pain Management: take two extra strength (500mg tablets, 1000mg at a time) Tylenol every 6 hours for the first four to five days. Beginning 48 hours after surgery you may start taking 800mg Ibuprofen three times a day. Starting immediately after surgery, take narcotic pain meds as directed for breakthrough pain.

Diet: regular

Driving: not on narcotic pain meds like Percocet, Roxicet or Vicodin

Shower/Bath: may shower but do not submerge nose for 3 weeks

Wound Care: leave splints in place

Follow up Appointments: One week in clinic to have splints removed



