



## Lam Facial Plastics Surgery Center

### Rhinoplasty Discharge

- Keep your head elevated, day and night, for 2 days following your surgery. You may use pillows to elevate you as you sleep. Some people find it most comfortable to sleep in a recliner with a travel pillow for neck support.
- NEVER apply ice to your nose.
- You may have to change your tip dressing several times each hour for the first 24 hours, but the frequency will taper over the next several days.
- Beginning the evening of your surgery, apply antibiotic ointment to the suture site twice daily. Apply a thin smear with a clean Q-tip each time.
- Gently clean you sutures daily beginning 24 hours after your surgery with a mild cleanser such as Cetaphil. Take care not to get the splint wet if one was applied during your surgery.
- You may shower 24 hours after surgery.
- Do not get the splint wet until the day of your 1-week post-operative appointment. That morning, shower and let the water run over the cast. This will make it easier for Dr. Lam to remove at your appointment.
- You may use **Saline Spray** that we have provided as needed for congestions/dryness.
- Avoid strenuous activity such as lifting or exercising for 2 weeks after surgery.
- **No swimming for 6 weeks.**
- Do not allow your eyeglasses or sunglasses to rest on the bridge of your nose for 6 weeks following surgery. Please make sure to always use the nose comfort appliance to prevent the nose piece of your glasses from resting on your nose and impairing the healing process.
- If you sneeze, make sure that you sneeze with your mouth open.
- Do not blow your nose for the first week. After the first week you may blow your nose but do not rub, squeeze or manipulate the tip.
- Do **NOT** use peroxide on your incisions.
- If you had cartilage removed from your ear during surgery, please keep the dressing dry and intact until you have had your post-operative visit with Dr. Lam. Do not clean the ear or apply ointment.
- If you have packing inside your nose, remove it the day after surgery around noon. You may use the Nasal Decongestant Spray that we provided ONE time after the packing is removed if your nose is bleeding.
- If you have a persistent sinus headache or sinus pressure, you may use the Nasal Decongestant Spray. You may repeat once 12 hours later if needed. If symptoms last longer than 24 hours, please call the office for directions.
- If Dr. Lam wants you to tape your nose after your procedure, please ensure to watch the “Nose Taping” video on our website for instructions.
- **If you notice yellow/green drainage, pus filled bumps, fever over 100.4, severe pain or bleeding that isn't controlled with 5 minutes of light pressure, please notify our office immediately.**

If you have any questions or concerns, please call Dr. Lam at:

Monday – Friday, 8:30am – 4:30pm

Office: 972-312-8188

After Hours

Answering Service: 972-280-7461

Patient Signature: \_\_\_\_\_ Date & Time: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date & Time: \_\_\_\_\_

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