

nose plastic surgery (rhinoplasty) instructions



Before your surgery:

1. Please follow all the preoperative instructions outlined in the General Preoperative Instruction Sheet carefully. Avoid any aspirin-containing or aspirin-related products as well as herbal medications and nutritional supplements as outlined in the Preoperative Instruction Sheet.
2. Make sure that you wear clothing that fastens in the front or back and continue to do so for one week following the procedure. Avoid anything that slips over the head, e.g., sweaters, t-shirts, and turtlenecks.

After your surgery:

1. Please read the General Postoperative Instruction Sheet carefully.
2. Do not blow your nose until instructed. Wipe or dab the nose gently with tissue if necessary. You may clean around the nostril area gently with a q-tip and hydrogen peroxide.
3. Change the dressing under the nose (if present) as needed. Once drainage has stopped it is no longer necessary to wear the dressing that has been placed under your nose.
4. Brush your teeth gently with a soft toothbrush only. Avoid manipulating the upper lip to keep the nose at rest.
5. You may wash your face carefully avoiding the dressing. Take tub baths until the splint/nasal dressing is removed. Do not get the splint/nasal dressing wet.
6. At your one-week postoperative visit, the outer splint/dressing will be removed. ***It is advised to shower the morning of that visit to get the entire splint wet.*** This helps to slide the splint off easily with no discomfort.
7. Sleep with your head up, and sleep only in the supine position, i.e., keep your head facing the ceiling and not turned to either side for the first week. You can use sandbags or heavy pillows on either side of your head so that you do not turn your head to either side. ***THIS IS PARTICULARLY IMPORTANT IF A NASAL IMPLANT WAS USED.***
8. **DO NOT TAKE ANY CHANCES!** If you are concerned about anything you consider significant, please do not hesitate to contact us.