

Rhinoplasty Post-Operative Instructions

If you are in need of immediate assistance after hours, please go to the nearest emergency room. For general questions or need assistance that cannot wait until the next business day, you may call the answering service and they will get in contact with Dr. Rodrigues.

1. Please fill and pick up prescriptions and follow directions as prescribed by Dr. Rodrigues.
2. First post-operative visits are usually done 5-7 days following surgery. Please call the office to make your appointment.
3. Please keep head elevated for at least 48 hours post-operatively to reduce swelling and bleeding. The level of the head should be at least two pillow heights above body level. Continue sleeping on your back for at least ten days and keep your head elevated. Avoid keeping your head down for long periods of time. The force of gravity tends to increase swelling. When bending down, always bend at the knees.
4. Post-operative nasal splints and dressings should be left in place until your first post-op visit. Splints help shape and contour the nose
5. Showers are permitted after 48 hours following surgery. A mild shampoo such as baby shampoo may be used in the shower with your head back, never forward. Please try and keep nasal splints dry and out of the water when showering. DO NOT immerse in bodies of water such as baths, swimming or hot tubs for 6 weeks following surgery. Bodies of water hold bacteria and can increase your risk of infection
6. Application of ice packs to the surgical area can help for 24-48 hours post op. Please only use ice to the surgical site with intermittent duration of no more than 10 minutes at a time with 20 minutes of rest in between. Surgical sites are desensitized during the surgical process using local anesthetic. Excessive use of ice can cause burns to your skin. Please do not use heat.
7. DO NOT hold animals or allow animals to sleep with you for two weeks following surgery.
8. The patient may have any soft diet, but excessive chewing should be avoided for one week postoperatively. Avoid salty foods, as they will increase swelling in your face.
9. Watch for any active bleeding, extensive bruising, or abnormal swelling or pain. Small differences in swelling and pain are commonly seen on one side versus the other.
10. No exercising, lifting, heavy exertion, heavy housework etc. for three weeks. Too much activity can cause excessive bleeding and/or swelling. Please avoid bumping or hitting the nose during the healing process.
11. Smoking causes wound healing problems. It can cause significant breakdown of the incisions and also loss of skin. It is required for your own postoperative recovery that you do not smoke for two weeks following the surgery.

Please Note: These instructions are to be followed as a general guideline. Dr. Rodrigues will discuss with you the exact instructions he wishes you to follow after your individual surgery. If you have any questions, concerns, or need clarification of instructions, please feel free to call our office.