



## INSTRUCTIONS AFTER RHINOPLASTY (NOSE JOB)

1. You may shower using warm (not hot) water, avoiding direct spray of water on the face or around the nasal splint the first day after surgery.
2. Keep your upper body elevated following surgery. Do your best to sleep on your back and elevated 30-40 degrees. Sleeping in a recliner is ideal. However, it is more important that you get a good night's sleep, so sleep in the most comfortable position possible.
3. Avoid straining or any activity that causes a feeling of pressure in the face and nose. No bending.
4. Do NOT manipulate the splint or tape dressing. The splint will be removed by your doctor approximately 1 week after surgery.
5. It is normal to experience swelling and bruising in and around the nose, as well as a small amount of blood-tinged nasal drainage. This will continue to improve up to one year after surgery.
6. Avoid bumping or hitting the nose. Please notify us if you sustain an accidental blow to the nose causing excessive swelling and bleeding.
7. Avoid:
  - “Sniffing” – constantly and forcibly attempting to pull air through the nose
  - Constantly rubbing the base of the nose and nostrils with a tissue or handkerchief
  - Sneezing – if you must, try to let it come out like a cough through the mouth
8. **Please call Dr. Kaplan at the first sign of:**
  - **Excessive (severe) pain and/or swelling**
  - **Redness, drainage, or odor from the incisions**
  - **Fever or chills**
  - **Shortness of breath**
  - **Profuse bleeding from the nose (like when one cuts a finger)**
9. It is extremely important that you do not smoke or have any form of nicotine for a minimum of two weeks after surgery. Smoking will delay the healing process or cause

skin loss, which increases your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.

10. You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with Dr. Kaplan before resuming any strenuous activity such as biking, swimming, aerobics and weightlifting (usually three weeks). Also, when returning to more exercise, start slowly and gradually work up to your daily routine. Every patient's schedule to returning to normal activity is different. A general rule is that you will naturally limit your level of activity based on the level of discomfort you experience.
11. You may drive after you discontinue your narcotic pain medication and when you are comfortable with your mobility.
12. You will have two follow up appointments at one week and two weeks after surgery.

Post-Op appointment date	Time