



Patient Name \_\_\_\_\_

Date \_\_\_\_\_

## POST OPERATIVE INSTRUCTIONS AFTER RHINOPLASTY

Michael Olding, MD  
Chief, Division of Plastic Surgery

Next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### 1. Dressing Care

- Leave dressings in place until instructed.
- Do not remove Splint (will remain on about 1 week).
- You may reinforce dressing under nose, or change dressing.
- Keep head elevated at least 45 degrees.
- May shower when instructed.

### 2. Activity Restrictions

- Avoid strenuous activity for 2 weeks.
- Avoid hitting or rubbing your nose.
- Do not blow your nose.
- Do not wear glasses resting on your nose.

### 3. Diet

- No restrictions on eating.

### 4. Medications

- Take prescribed pain medication as needed.
- **DO NOT TAKE ANYTHING** with aspirin or aspirin like drugs for 10 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

### 5. What to Expect

- You will not be able to breathe through your nose. Your mouth will be very dry.
- We recommend keeping ice chips, water, and having a humidifier by your bedside.
- You may have a dull headache.
- You will experience bruising around your eyes.
- You may experience a little bleeding.

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202 741-3241** or the plastic surgery fellow on call at 202 715-4141.

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**MEDICAL FACULTY ASSOCIATES**

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