

Post-Operative Instructions for Rhinoplasty

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (413) 731-7877.

- Minimal activities for the first day after surgery.
- Sleep on back with head of bed elevated.
- You may ice your nose/face for the first week to decrease swelling and pain.
- When sneezing or coughing, use your mouth.
- You have a nasal splint in place that should NOT be removed. If it falls off, please attempt to replace.
- You may shower 72 hours after surgery. DO NOT get nasal splint wet.
- NO driving or working while on pain medications.
- You may take Tylenol for pain or Benadryl for itching if needed.
- Avoid Advil, Motrin, or Ibuprofen for the first week after surgery but you may take them any time after the 1st week.

You can expect:

- Clear and bloody drainage from nose for the first couple of days.
- All sutures to dissolve.
- To return to non-strenuous work within 3-7 days.
- Moderate discomfort which should be relieved with pain medications.
- Moderate swelling of nose and face.
- Bruising around nose/face.

Call the office if you experience:

- Severe pain not relieved by pain medications.
- Increased swelling of face that is not decreasing.
- Excessive drainage.
- A fever greater than 101.5
- Call the office at any time with questions.

As time goes by and you are healing, the following apply:

- Most swelling, bruising and soreness resolves within 4-6 weeks.
- Return to strenuous activities in 3-4 weeks.

**We require 48 hours for prescription refills. Please call in advance.

Patient Initials: _____