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Rhinoplasty

- Your surgical dressing (nasal splint) will be removed at your first office visit.
- Do not blow nose for one week.
- If you have a drip pad, you may need to change it frequently the first few days after surgery.
- Sneeze with mouth open for 1 week.
- Sleep at a 30 degree angle (usually 2-3 pillows for the first week).
- There may be some bruising or discomfort that can be diminished by using ice compresses (30 min. on, 30 min. off) for the first few days.
- Avoid exertional activities involving bending and lifting for 6 weeks. You may begin walking and other low impact activities after the first 48 hours.
- Bathing and washing the hair is permitted but avoid getting the splint wet.
- A “stuffy” feeling for the first week is normal. A saline spray can be used 3-4 times a day and all other nasal sprays (Afrin, Neosinephrine, etc.) should be avoided.
- Glasses may be worn even with the splint, but they must be taped to the forehead to relieve the pressure off the splint.
- After the splint is removed, the nose will still be quite swollen and a little numb. Full recovery resolves all of this in 9-12 months.
- Moderate exercise may resume in 3 weeks, but still no heavy lifting.
- Overexposure to the sun should be avoided for the first year and sunscreen of at least SPF15 should be worn at all times.
- Usually one returns to work in 7-10 days.