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Plastic & Reconstructive Surgery
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Rhinoplasty Post-Op Care

1. You will be allowed to leave the hospital a couple of hours after your surgery is completed. You must arrange to have someone pick you up as you will be unable to drive.
2. You should stay in bed for the first evening and have only a light meal. Take your medication as prescribed and have someone stay with you for the first 24-48 hours.
3. Elevate your head and upper body by resting at an inclined angle.
4. Apply antibiotic ointment to the external nasal incisions and slightly inside the nose to keep the nostrils moist. Apply liberally every two hours for the first week. The ointment will help reduce crusting and scabbing and help to keep the incisions clean.
5. After 10-14 days, most of the visible swelling will have disappeared, but there may still be a feeling of numbness.
6. Do not attempt to clean your nose beyond what you can see at the outer opening.
7. You will probably have some bloody discharge for 2-4 days. This is normal.
8. Do not blow your nose for two weeks. If you have to sneeze, try to do so through your mouth.
9. if you have any excessive or unrelenting bleeding, call the office immediately.
10. You may shower 24 hours after surgery, but try to keep any dressings as dry as possible and do not remove the dressings.
11. Frequent bed rest for the first week is advised. Avoid any strenuous activity. Do not lift anything heavy or do anything that will raise your blood pressure for two weeks after surgery.
12. Do not wear make-up over incision sites until they are completely healed.