

## Post Operative Instructions

### Rhinoplasty

Please read and familiarize yourself with these instructions both before and after surgery. By following them carefully, you will assist in obtaining the best possible result from your surgery.

- Do not remove any nasal splint, nasal packing or steri-strip tape on your nose unless instructed to do so by Dr. Magilke. Do not insert any Q-tips, Kleenex or any other object into your nose in an attempt to clean it out. If it is necessary, you will be instructed on what to do on your first post-operative visit. Apply ice wrapped in a cloth on your forehead and/or cheeks, twenty minutes of every waking hour, after the operation for 24 hours, but do not place it directly on your nose. You may use the ice pack for a couple of days if desired.
- Sleep in a recliner or with your head elevated on several pillows to help decrease swelling. Avoid bending your head forward as much as possible. (Someone should assist you in washing your hair so that you do not need to bend forward). You may bathe 24 hours after the operation but do not get the nasal dressing wet.
- Expect to have swelling and bruising around the nose and eyes after the operation. The amount of swelling usually depends on the extent of the operation. The bruising will last around 10-14 days and will change color as you heal. The swelling usually lasts several weeks. Swelling in the tip may last several months. Be patient!
- Do not blow your nose. If you have drainage, blot it away with gauze or tissues. You can expect to have some drainage for several days. Be very gentle when blotting your nose. Do not pinch or push your nose in an attempt to decrease drainage. If drainage becomes profuse or has a foul odor, please call the office.
- Diet: Easily digested foods such as ginger ale, jello, etc. for 24 hours. Take your pain medication with crackers to avoid nausea. Avoid salt in your diet as much as possible as it will increase swelling. Avoid hot spicy foods.
- Avoid heavy lifting and strenuous activity, which can increase drainage, bleeding and swelling. You will be instructed when you may return to athletic activities by Dr. Magilke after he sees you for your follow-up visit in the office. Make-up may be applied several days after your operation as long as it does not interfere with the nasal splint, packing or steri-strip tape. Do not wear any glasses that lie directly on the bridge of the nose.
- Take pain medication with food. Pain medications can be constipating, so drink plenty of fluids. You may need to take an over-the-counter stool softener.
- Antibiotics will be prescribed and should be started on the day of the surgery. Take them until they are gone. Start oral antibiotics at approximately \_\_\_\_\_. Do not take the antibiotic at the same time as your pain medication. Take pain medication first, if due, then wait an hour and take the antibiotic. Pain medication may be taken as prescribed and should be taken with food as they can be irritating to the stomach. Avoid aspirin or anti-inflammatory containing products for two weeks after surgery. You may take Tylenol after you stop taking the prescribed pain medication. Pain medication can also cause constipation. Drink plenty of fluids and you may wish to take an over-the-counter stool softener such as, Metamucil, Colace, or Docusate Sodium. Do not drive while taking pain medication.