

AFTER YOUR RHINOPLASTY

A small bandage will be placed between the bottom of the nose and the upper lip. It may be changed as often as needed during the day of surgery and the first post-operative day. A small amount of red to pink drainage on the bandage is normal and should not be of concern. The loosely closed internal nasal incisions allow blood to escape rather than back up in the nasal tissue and cause more bruising and swelling. This bandage can be discontinued two days following surgery. Any additional drainage can be dabbed away with a tissue as needed.

A small silicone splint is placed on top of the upper two thirds of the nose at the completion of rhinoplasty. This splint acts both as a protector for the freshly operated nose and helps to maintain the position of the newly sculpted nasal bones. Do not allow it to get wet or it may separate prematurely.

The first week after surgery:

- Sleep with the head elevated on two pillows, both to decrease the amount of swelling and to aid in the resolution of any swelling that does occur. During the day and evening of surgery, cold compresses should be applied continuously over the eyes to minimize swelling and control bruising. A small ziplock bag filled with 1/3 cup of frozen peas applied over a single layer of moistened gauze is an effective compress. It is not necessary to maintain the compresses during the night but they will be helpful if used during the second day.
- Puffiness or swelling of the eyelids is always most pronounced on the second morning following any facial plastic surgery. This is normal and usually improves in the first week.
- Bruising and discoloration of the eyes around the eyes is normal. The use of Arnica and Bromelain supplements, as well as the Medrol Dose Pack, should be taken as directed to minimize bruising.
- There may be some nasal stuffiness after surgery that should resolve in two weeks. Do not use nasal sprays unless instructed to do so by your doctor. **DO NOT BLOW THE NOSE.**
- Application, twice daily, of a small amount of prescription ointment just inside the nostrils, acts to lubricate the surgically sutured area and prevent crusting. Any crusting that does not form can be gently removed with peroxide-dampened Q-tip.
- For the first few post-operative days, you may expect a small amount of pink-colored water nasal discharge. Usually, a facial tissue touched to the nostrils is all that is required. Any continuous persistent show of bright red blood should be reported to your doctor.
- Discomfort following rhinoplasty is usually limited to the two or three hours just after procedure. It may best be described as a headache. Severe pain is rarely a consequence of facial plastic surgery. Take your pain medication, if needed, with food to avoid any stomach upset.
- During the first week, you may notice that the nasal tip is slightly elevated. The tip will slowly drop to its lower position over several days or weeks.
- Bending and straining should be avoided for two weeks.
- Do not use Aspirin, Ibuprofen or Naprosyn for 14 days post-surgery.

After the First Week:

- Your splint and external sutures will be removed at your first post-operative visit. This should be one week after surgery. Your nose will appear quite swollen but, in most cases, improvement can be appreciated. In most cases, the appearance at six to eight weeks approximates the final shape. At 1 year, the final permanent result is achieved in most patients. Many factors determine how quickly, or slowly, the nose assumes the final appearance. The most influential determinant is skin type. Skin that is thicker and oilier is certain to retain edema and swelling longer than skin that is drier and thinner.

- Avoid any situation where a potential for nasal trauma exists. Though the bones are firmly healing in place, even a slight blow could cause movement.
- You should not wear glasses for about one month. If glasses must be worn, taping the central bridge of the glasses to the forehead will allow as little pressure as possible on the nasal bones.
- Sunburn will cause the nose to swell and delay the final result during the first year. It is always best to apply a waterproof factor 50 sun block to the nose if strong sun exposure is anticipated. The nasal skin is somewhat insensitive following rhinoplasty. This can be appreciated by touching the skin, which will seem slightly numb. Full sensation always returns in three months time; the tip regains full sensation last. The advice concerning sun exposure also applies to the winter cold. It is possible to experience frost-bite is exposed for long periods to sub-freezing weather during activities such as skiing.
- A natural reaction of all types of nasal skin to this surgery is the pronounced increase in nasal oiliness. Even skin that is usually dry will need to be wiped with an astringent on a cotton pad once or twice a day for two weeks or more. There also may be flaking or peeling of the skin, much like that caused by sunburn. This also abates in about two weeks.
- Most discoloration is resolved in 7-10 days. However, though unusual, this may persist longer as pigmentation beneath the eyes. Occasionally, olive-skinned patients may retain this pigment for several months.
- Exercise, which increases the heart rate, can begin at 14 days post-op. At 14 days, you can begin fast walking and light weights (less than 5 pounds). At 6 weeks, full exercise can begin.
- Small irregularities may be felt below the smooth skin, especially over the nasal bones. These irregularities are common. Most noses, even without surgery, have palpable bone irregularities beneath smooth skin.
- You may blow your nose gently, simultaneously, through both nostrils at this time. It is best to try this during or after a shower the first time. Excessive nose blowing will contribute to nasal stuffiness and can cause bleeding.
- In the unlikely event of a nosebleed, cotton or facial tissue can be saturated with nose drops (Afrin, Dristan, or Neosynephrine) or eye drops (Visine or Murine) and placed into the nostril that is dripping. Leave in the nostril for several minutes and call our office.
- Use an antibiotic ointment like polysporin on your external incision for two weeks post-operatively.
- Bruises may be covered with make-up starting at 1 week post-operatively. They may take up to 6 weeks to fully resolve. Arnica gel applied to the bruises may improve their appearance. This can be purchased at GNC.
- Alcohol consumption can be resumed, with caution, two weeks after the nasal splint is removed.
- 1000 mg. Vitamin C should be taken daily for 6 weeks post-operatively to promote healing. It also has a slight anti-inflammatory effect.
- You may notice increased facial and nasal skin oiliness. You may use our purifying pads to control this. You may resume acne preparations after one week.

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