

## RHINOPLASTY HOME CARE INSTRUCTIONS

### ACTIVITY

- The first few days should be spent resting quietly in bed or on the couch. You may be drowsy and uncoordinated from the anesthesia and pain medications, so be sure to protect yourself from injury.
- You will require constant supervision for the next 24 hours by a responsible adult.
- No driving, making legal decisions, or operating hazardous equipment for the next 24 hours and anytime while you are taking prescription pain medications.
- Keep your head elevated at least 45 degrees at all times for the first 48 hours to reduce swelling and discomfort.
- **DO NOT BLOW YOUR NOSE**
- If you feel the urge to sneeze, open your mouth and do not let the air exit through your nose.
- Contact lenses may be worn within 2-3 days following surgery, glasses may rest on the nasal cast until the cast is removed in the office.  
After your cast is removed, glasses must be taped to the forehead and not allowed to rest on the bridge of the nose.
- Keep your nose cast and dressing clean and DRY. You may shower, but do not get your cast wet.
- Avoid excessive smiling other facial movements that impact the nose.
- Avoid pulling clothing over your head. Button up shirts work well.
- Lightweight cold compresses may help with bruising and swelling, but be sure to protect the nasal cast from moisture.
- No swimming for 1 month.
- **ABSOLUTELY NO** direct sunlight or tanning beds for at least 6 weeks.
- Avoid strenuous activity or exercise for 2 weeks.

### BLEEDING

- Sniff back and spit out any secretions you feel in the back of your throat. Swallowing bloody fluids will cause increased nausea and vomiting.
- Blood-tinged secretions are expected, but profuse bright red blood through the nose and/or mouth is not normal.  
Call 911 or go to the nearest ER.
- A “drip pad” has been placed beneath your nose, change this as needed. It is not uncommon to change this dressing frequently the first few days.
- If a new drip pad becomes saturated in less than 10 minutes, use 5 sprays of AFRIN in each nostril. If the Afrin does not slow or stop the bleeding after 2 attempts, call the office or go to the nearest Emergency Room.

### DIET

- A sore throat is common for 2-3 days due to the breathing tube placed during surgery.
- Drink plenty of fluids to prevent dehydration.
- Avoid spicy foods, gum, or foods that are difficult to chew.
- Start with soft, easily chewed foods for the first 7-10 days, then advance as tolerated.

### PAIN

- Taking prescribed pain medication around the clock for the first 2 days is recommended. Set an alarm clock throughout the night so that pain does not get out of control by morning. Take medication with food to prevent nausea. You may take an OTC stool softener or drink plenty of fluids with additional fruit juices to prevent constipation.

- You may CHANGE to Tylenol after a few days if doing well, but DO NOT take additional Tylenol with your prescription.
- Avoid Ibuprofen (Motrin and Advil) and Aspirin due to the increased risk of bleeding.

YOUR NEXT DOSE OF \_\_\_\_\_ CAN BE GIVEN AT \_\_\_\_\_ TODAY.

**When to CALL YOUR DOCTOR (CALL 208-336-4368 TO REACH YOUR PHYSICIAN)**

- A fever of 101 degrees for more than 24 hours.
- Pain that is not controlled by your prescription pain medication.
- Nausea and vomiting lasting more than 24 hours.

**When to go to the EMERGENCY ROOM**

- If you are unable to reach your physician and need help.
- Uncontrollable bright red bleeding from your nose or mouth.
- If you have difficulty breathing or shortness of breath.