



Cosmetic Plastic
Surgery Institute

Rhinoplasty Postop Instructions

- 1. Dressing:** You will find an external plastic/plastic splint, which acts to keep the centralized nasal bones in place until they have healed. You must wear this splint at all times for the first week following surgery and for a second week only while your sleep. When a functional rhinoplasty such as hypertrophied turbinate reduction or deviated septal resection is performed, then an internal nasal splint is also used. This splint is also kept in place for approximately one week and minimizes risk of blood accumulation (hematoma formation).
- 2. Sutures:** The doctor will remove sutures following an open rhinoplasty at one week following surgery. These sutures are limited to the lower part of your nasal tip (columella). If you underwent a closed rhinoplasty then all sutures are absorbable and will fall out on their own.
- 3. Position:** Resting with your head elevated or being in the upright position will help to decrease swelling during the early postoperative period. Use of two to three pillows under your head should provide adequate head elevation. If you are a restless sleeper, you may sleep on a Lazy Boy chair.
- 4. Activity:** You may be up and around the house as soon as you feel able. Do not do anything that requires straining or heavy exercise for 1 month following surgery. You may return to work as soon as you feel comfortable doing so usually at 7 to 10 days following surgery.
- 5. Driving:** Do not drive while taking prescription pain medicines.
- 6. Ice Packs:** Crushed in a baggie, or a soft pack of frozen peas placed over your eyes helps both swelling and discomfort.
- 7. Exposure to sunlight:** Protect your scars from sun exposure for at least 6 months after surgery. Remember to wear a hat or sunscreen with a skin-protection factor (SPF) of at least 20 whenever you go outside.
- 8. Loss of sensation:** The nasal dorsum, sidewalls, and tip will experience reduced or absent sensation for several months to a year after surgery. As the sensory nerves regenerate, patients normally experience tingling, shooting sensations, or itching. Gentle massage usually relieves the symptoms.
- 9. Follow up visit:** You will follow up with your doctor at 1 week following surgery at which time splints and sutures will be removed. You will then follow up with your doctor with a frequency determined by your postoperative progress. Patients should expect to see their doctor at one month, three months, six months, one year, and five years following surgery.

Pt. Name _____ Date _____

Pt. Signature _____

