



Rhinoplasty (Nose) Post-Surgery Instructions

1. Carefully read the “General Post-Surgery Instructions” sheet.
2. Bloody drainage from nose is normal for 24-48 hours after surgery whether there are nasal packs in place or not. Keep a pad taped in place under the nose. Rarely, some bleeding will occur about a week after surgery. If there is excessive bright red blood coming from nose, call us immediately.
3. Swelling and bruising under the eyes is variable. Ice packs over the eyes intermittently for the first 24-48 hours are helpful.
4. Wash wound with soap and H₂O, follow with 50:50 H₂O/hydrogen peroxide.
5. Keep Polysporin on wound continuously X 2 weeks.
6. Ocean Nasal Spray (saline) – squirt 2 times each nostril 3 to 4 times per day.
7. Sleep with head elevated on at least 2 pillows.
8. Do not blow nose.
9. No bending at waist or exercise. Limit your activity for the first week after surgery. Slowly resume normal activity after one week. Strenuous activity should not be resumed for 4 weeks. Contact sports are to be avoided for 6 months.
10. Contact lenses should not be worn for one week after surgery. Glasses should not rest on the nose. Tape the glasses to your forehead with a piece of tape from the bridge of the glasses to your forehead for 6 weeks after surgery.
11. We will remove the splint, nasal packing and skin sutures 3-5 days after the surgery. We will then place clear tape over your nose, which will remain in place for another 3-5 days.
12. The final shape of your nose may not be apparent for several weeks and often months after the surgery. Occasionally, touch-up surgery is required which is usually done about 6 months after the first surgery at no charge to you.
13. Camouflage make-up may be applied under eyes after the splint is removed.
14. Avoid direct sunlight on nose skin incision for 2 months after surgery. Use SPF 30 sun block on face and nose.
15. Do not hesitate to call us anytime with questions during office hours 309-683-3223 or after hours 309-868-2525.