MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443 (24 hours)

If answering service does not pick up call 952-653-0784. In an EMERGENCY call 911

AFTER SURGERY INSTRUCTIONS

RHINOPLASTY

- Take your medications as prescribed. See separate page.
- Sleep with your head elevated above heart level for 3 weeks. This will help decrease swelling, soreness, and scar tissue. A sofa cushion under the mattress works better than several pillows.
- A dry cloth and ice packs may be placed gently on your nose over your splint to help decrease swelling and soreness. Some swelling and bruising around your eyes and nose is to be expected.
- It is important that you stay quiet for the next 24-48 hours as excessive activity may cause increased bleeding, bruising, and scar tissue to occur.
- You may drink liquids when you arrive home. If you are not nauseated, you may have a light meal.
- Eyeglasses may be worn on top of the nasal splint. After splint removal, please refrain from wearing glasses directly on nose until approved by your doctor.
- You have been given gauze pads. Change the drip pad under your nose when it becomes saturated. **DO NOT** remove the Vaseline gauze pack or strings, just the overlying drip pad. By evening or next morning, the drainage will begin to subside. Call the doctor if you have excessive bleeding (bleeding which saturates a drip pad every 10 minutes or less for a period of one hour is excessive).
- Keep the tapes and splint on your nose dry and intact until you see your doctor. **DO NOT** remove splint for any reason!
- **DO NOT** blow your nose for 3 weeks after surgery. As long as nasal packs are inside the nose, you must sneeze with your mouth open. After pack removal, saline mist (NOT Afrin) may be used.
- If you have to pick something up, **DO NOT** lower your head and bend over. You should bend at the knees. Avoid lifting over 5 pounds for 2-3 weeks.
- **DO NOT** drink any alcoholic beverages (beer and wine included) for 5 days or while taking pain medication. Alcohol, medications and/or anesthetic drugs may interfere with good judgment.
- **DO NOT** drive a car or operate machinery for the next 48 hours or while using pain pills.
- Someone from Minneapolis Plastic Surgery will call you this evening to inquire about your condition and answer any questions you may have.
- Do not hesitate to call the doctor's office if you have any questions about your recovery. PHONE: 763-545-0443.

I acknowledge receipt of these after-surgery instructions.

_____(signature) _____(date and time)