

RHINOPLASTY

POST-OPERATIVE INSTRUCTIONS

Rhinoplasty or nasal surgery is usually done on an outpatient basis. Depending on the complexity of the surgery, the patient will be advised as to the approximate surgery time. Since most patients will leave the hospital with a nose splint, pictures of the splint will be shown pre-operatively. The splint remains in place for approximately one week.

1. One week after surgery, Dr. Worthing will remove the splint and usually, but not always, replace it with a smaller pliable splint to be worn only at night to protect the nose.
2. You will also have a small amount of packing in each nostril, which will be removed three days after surgery. **DO NOT BLOW YOUR NOSE!**
3. There will be a small pad placed at the base of the nose to absorb any oozing or bleeding. The patient is to change, as needed.
4. There will be bruising and swelling around the eyes. An extremely light ice pack (or crushed ice) may be used on the eyes. Eye drops may also be used. To minimize bruising and swelling it is important to have the head elevated, even when sleeping for the first five to seven days. **Avoid all forms of physical activity/exercise and NO bending over.**
5. You may experience a dry, sore throat for one week.
6. **If you should have excessive drainage, bleeding or a fever higher than 100°, CALL THE OFFICE IMMEDIATELY! 281-440-7797**
7. **DRINK PLENTY OF FLUIDS and PLEASE TAKE ANTIBIOTICS AND PAIN MEDICATIONS AS INSTRUCTED WITH FOOD.**

As discussed with Dr. Worthing, it is important to be patient with the recovery process. Healing time is different for each person and will take approximately six months to one year to see the end result. Again, changes will be gradual and will be more recognized through the comparison of the before and after surgery photos.

If you have any questions, please do not hesitate to contact us at 281-440-0617.