

Post-Op Care/Management for Cosmetic Rhinoplasty

1. Shower the night before using any antibacterial soap such as Dial. Gently wash your face on the morning of your surgery. Please do not apply any makeup.
2. Wear a button down shirt the day of surgery. Please avoid anything that needs to be pulled over your head. Comfortable pants such as sweats or jogging pants are best.
3. Do not take aspirin or aspirin containing meds for 14 days prior and 7 days after. Other routinely taken medicines may be taken. Avoid alcohol for 2 weeks before surgery.
4. Change the dressing under the nose as needed. Once drainage has stopped, it is no longer necessary to wear. Before surgery, buy 3x3 gauze and tape for these dressing changes.
5. Apply 2 sprays of saline solution into each nostril every hour while awake and when you wake up during the night for the first 3 days. Then decrease this to 5 times a day until your follow up appointment. Start this when you get home from surgery.
6. Do not blow your nose for the first week. Wipe or gently dab the nose with Kleenex.
7. Begin taking your antibiotic as prescribed following your surgery.
8. Sleep on your back with your head elevated. Use at least two pillows for the first week.
9. Obtain more rest than you would normally get and avoid exertion for one week.
10. You may wash your face, avoiding the dressing starting the day after surgery.
11. Do not wash your hair for one week, unless you have someone do it for you.
12. Absolutely avoid the sun, sunbathing, or sunlamps for three months following surgery. Heat may cause the nose to swell. If you are to go out in the sun, you must wear a wide brim hat and apply sunscreen SPF 50 every two hours.
13. Shower prior to their postoperative visit to get the entire splint wet. This helps to slide the splint off easily with no discomfort.

Don't take any chances! If you are concerned about anything, please give us a call at 715-828-2368.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Robert J. DeFatta, MD, PhD, FACS