

# Post Operative Instructions

## Rhinoplasty

Dr. Sandy Sule, M.D.  
12221 Merit Dr  
Suite 1060  
Dallas, TX 75251  
972-960-2950

Date:

Chart:

Name:

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POST-OPERATIVE INSTRUCTIONS

Rhinoplasty

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### WEEK 1

**DO:** Keep Splints as dry as possible. Notify our office if splint comes off.

**DO:** Sleep on your back with the head of the bed elevated 30-45 degrees. Sleeping alone is recommended for 2 weeks.

**DO:** Continue ice compresses as much as possible for 3 days following surgery. (After the first night they do not have to be continue

**DO:** Take a decongestant if you get a cold. This may decrease drainage, however it will not improve stuffiness due to swelling for 7-10 days. It may cause drowsiness, so do not take it unless needed.

**DO:** Maintain sitting or standing position as much as possible to reduce swelling.

**DO:** Remember to rest when you tire.

**DO:** Clean outside incisions (if they were required for surgery) with peroxide and a Q-tip and apply ***Aquaphor Ointment*** 6 times daily.

**DO:** Wear a mustache dressing as much as needed to catch any drainage. Do apply lipstick with lip brush only.

**DO:** Brush upper teeth with finger and washcloth. Do open mouth if sneezing occurs.

**DO:** Use a humidifier if your nose starts feeling excessively dry.

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**DO NOT:** Bend over or lift heavy objects. Do not bump or hit nose.

**DO NOT:** Tweeze eyebrows for 1 week.

**DO NOT:** Use salon hair dryer for 1 week. (Use hand-held hair dryer.)

**DO NOT:** Sniff or forcefully breathe through nose.

**DO NOT:** Put anything in your nose unless specifically directed to do so. Do not wipe nose with Kleenex or handkerchief, use the drip pad.

**DO NOT**: Blow nose for 10 days, then blow both sides at the same time only. Do not grin or smile excessively.

**DO NOT**: Eat chewy foods for 1 week.

**DO NOT**: Engage in any exercises for 2 weeks. No diving, skiing or contact sports for 6 weeks.

**DO NOT**: Use nose spray unless nosebleed occurs.

## **WEEK 2**

**DO**: Apply Vaseline inside the nostrils and press nostrils together if crusting occurs.

**DO**: Wash nose with mild soap (Ivory or Neutrogena) and cotton ball.

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**DO NOT**: Wear glasses directly on the nose. This could permanently disfigure nose. Suspend glasses with tape or cheek pads for at least 6 weeks.

**Remember**: Your nose will retain some swelling for several months. The final result may not be apparent for a year or more, so be patient.

**FINALLY, NOTIFY US IF YOU HAVE ANY QUESTIONS OR CONCERNS.**

**Telephone 972-960-2950      Fax 972-960-2838**