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**RHINOPLASTY**

**POST-OP INSTRUCTIONS:**

Various degrees of bruising and swelling will occur and may take weeks to resolve. Most of the bruising and swelling is resolved by two weeks. You can expect the nose to be numb for several months.

**ACTIVITY:**

* Rest at home for 24 hours. No heavy lifting (greater than 10 lbs.) or no strenuous exercise (aerobics, stretching, vacuuming, laundry, etc.) for ten to fourteen days.
* Do not bend the body so the head is below the waist for two weeks.
* Sleep with head elevated on two pillows for one week.
* Do not blow your nose for two weeks. You may gently cleanse the nostrils with a moistened Q-tip. If you have to sneeze, open your mouth.
* Bathing: You may shower/bathe the following day. AVOID GETTING THE SPLINT WET ON YOUR NOSE! You may shampoo your hair bending your head back, not forward.
* Avoid smoking and being around anyone who is smoking for two months.
* Avoid direct sun exposure for a minimum of one year. Use a sunscreen with a SPF of at least #15. Tanning beds should be avoided.
* Sexual activity may be resumed when YOU feel comfortable.
* You may return to work in three to seven days, depending on your recovery and what type of work you do. This will be discussed with you and your physician at your post-op visits.
* You may drive in two to three days if not taking prescribed pain medication.

**DIET:**

* Regular diet unless otherwise instructed.

**DRESSINGS:**

* Do not disturb the splint and keep it dry.
* You may change the drip pad under your nose as needed.
* Apply ice water compresses to face and eyes; ON fifteen minutes and OFF fifteen minutes for the first 24 hours.
* Use lip balm on your lips. They will be dry from mouth breathing.

**MEDICATIONS:**

* You may use a COOL MIST humidifier for stuffiness. If prescribed, use the Nasal Spray every five to twelve hours as needed.
* Do not take medicine on an empty stomach, it may cause nausea.
* Take Tylenol or Extra-Strength Tylenol for pain. Do not take aspirin or any medication containing aspirin, unless specified by your doctor.

It is not uncommon to feel melancholy (emotional) after any cosmetic surgery. Such emotions are usually related to the immediate discomfort, anxiety over the appearance of swelling and bruising, and limitation of activity and socialization. These feelings will disappear as your appearance improves and you return to your usual daily activities.

YOU MAY NOTICE SOME DRAINAGE, BUT CONTACT THE OFFICE IF IT IS EXCESSIVE, OR IF YOU FEEL YOU ARE SWALLOWING A LOT OF BLOOD. IF YOU DEVELOP EXCESS BLEEDING, IMMEDIATELY APPLY ICE WATER COMPRESS TO YOUR FACE. Notify the office immediately if you develop FEVER GREATER THAN 100 DEGREES, SEVERE PAIN, INCREASED SWELLING OR BLEEDING, NAUSEA OR VOMITING. Call the office at (540) 722-2280 if you should develop any problems.

I acknowledge that I have read and understand the instructions stated above.

Patient Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_