

RHINOPLASTY POSTOPERATIVE INSTRUCTIONS

PLEASE NOTE: THESE INSTRUCTIONS ARE TO BE FOLLOWED AS A GENERAL GUIDELINE. DR. WARNOCK WILL DISCUSS ANY CHANGES TO THESE INSTRUCTIONS WITH YOU. IF YOU HAVE ANY PROBLEMS, QUESTIONS OR WORRIES, PLEASE FEEL FREE TO CALL THE OFFICE (571-2020). THE OFFICE IS OPEN FROM 9:00AM-5:00PM MONDAY THROUGH FRIDAY. IF IT IS AFTER HOURS, A WEEKEND OR HOLIDAY PLEASE CALL THE OFFICE PHONE AND ASK THE ANSWERING SERVICE TO CONTACT DR. WARNOCK

1. Fill prescriptions. Percocet, one or two every 4-6 hours, OR Lortab, one or two every 3-4 hours as needed for pain. Phenergan, one every 4-6 hours, as needed for nausea. Duricef, twice daily for six days to guard against infection (please take the whole prescription).
2. Do not take any aspirin or aspirin like products for at least two weeks after surgery. (This includes Motrin, Advil, Ibuprofen, Naprosyn, etc.). These drugs can cause bleeding. If you have any questions concerning acceptable medication please contact the office.
3. Ice packs to areas of repair can help reduce swelling for 24-48 hours postoperatively.
4. Smoking causes wound healing problems. It is required that the patient does not smoke for two weeks following surgery.
5. The patient should keep his head elevated on at least two pillows for the first 48-72 hours following surgery. This will help reduce swelling and bruising.
6. Should active bleeding occur, the patient should immediately place himself in a reclined position and apply ice and pressure to the nasal area. This bleeding usually stops within 10-15 minutes, but may reoccur intermittently. Should there be any problems with breathing or persistent bleeding, Dr. Warnock should be notified immediately.
7. Sponge bathe until after the first postoperative follow-up exam. Showers (not baths) may then be permitted. Baths may be taken after two weeks. Gently dry suture areas as well as possible.
8. A humidifier should be used to decrease the dryness of the air that the patient is breathing through his mouth, and also enhance the comfort of the patient.
9. The patient is not to blow his/her nose while the packs are still in position. The nose should not be blown with any force during the first two weeks after the surgery.
10. Be sure to schedule a follow-up appointment 5-7 days after surgery.
11. The splint and packs will be removed in 5-7 days. These will be removed at the first postoperative visit with Dr. Warnock. Splits and packs should be left in place, if any should come loose, adhesive tape can be used to reattach them in position.
12. The patient is not to injure the nose or bump it in any way so as to dislodge any portions of the repair.
13. No exercising, lifting, heavy exertion, heavy housework, etc. for 3 weeks after surgery.

PLEASE NOTE: During the first 48 hours following surgery, swelling will become more apparent, and there may actually be some differences in the swelling on the two sides of the nose. Bruising is extremely common during this period and will become more apparent during the first 48 hours following surgery. These postoperative conditions will gradually disappear. Pain is usually noted, but is usually tolerated with pain medications. It is common to see more swelling two days after surgery than the day of surgery.