

**EAR, NOSE & THROAT SPECIALISTS
OF SOUTHERN NEW HAMPSHIRE, P.A.**
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Post-Operative Instructions--RHINOPLASTY

Please refer to your separate pre-operative surgical instruction sheet for all directions before the surgery.

- DO NOT BLOW YOUR NOSE until instructed. You may wipe or dab the nose gently with tissues if needed. Change your nasal dressing (under nose only) as needed with fresh gauze and do not get the dressing wet.
- The nasal cast will remain in place for approximately one week and will be removed in the office. Keep the cast dry. Take tub baths and not showers until after the cast is removed
- Avoid foods that require prolonged chewing
- You can use ice packs made of crushed ice for the first 24 hours after surgery. Place the ice pack over the eyes and cheeks, NOT on the NOSE
- Avoid extreme physical exertion and activities—get more rest than usual
- Brush your teeth gently with a soft toothbrush only. Try to avoid manipulation of the upper lip to help keep your nose at rest
- Wear clothing that opens in the front and not shirts that slip over your head
- ABSOLUTELY AVOID SUN or sunlamps for six (6) weeks after surgery—heat may cause the nose to swell
- After removal of the dressing, do not become alarmed to find your nose, eyes and upper lip discolored and swollen. It may take up to 3 weeks for this to resolve. Your nose will continue to heal slowly over the next year
- For four (4) weeks, DO NOT WEAR GLASSES, sunglasses or other eyewear that rests on the bridge of your nose. You can purchase “Frame-Ups” or we can instruct you how to tape your glasses to prevent pressure on the nose. Contact lenses may be worn 2 to 3 days after surgery
- After the cast is removed, you may cleanse the skin on your nose with mild soap or Vaseline Intensive Care lotion. BE GENTLE! You may apply makeup after the bandages are removed

Call the office at 622-3623 if you have any questions or concerns.