

Notify the Doctor or Go to the Emergency Department if any of the following happens:

- nasal pain that is becoming more severe after the first 24-48 hours following surgery and unrelieved by prescribed pain medication
- fever over 38°C or 100.4°F
- pus like (green or yellow) nasal drainage
- trauma (a blow) to the nose
- large amount of bleeding (enough to soak a tissue or handkerchief or you feel it going down the back of your throat)
- difficulty with your nasal packing

Besides these general instructions remember also:

For more copies, go online at <http://vch.eduhealth.ca> or email pchem@vch.ca and quote Catalogue No. **ED.800.Y88**
© Vancouver Coastal Health, March 2007

The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca

Your Rhinoplasty

Discharge Instructions

General Information

Rhinoplasty is reconstructive (plastic) surgery to the nose.

Important Points in Treatment

◆ Things to Expect

- Expect some swelling of the eye and nose area for 2-3 weeks.
- Expect some bruising of the eyes for 2-3 weeks.
- Expect nasal congestion (the nose to feel plugged) for several weeks. Your ability to smell may also be reduced for a period of time.
- Expect some blood tinged nasal discharge for several weeks.
- Expect a splint on the nose for 5-7 days.
- Some surgeons will use nasal packing or nasal splints and these will be removed at the time of your follow-up appointment.

◆ Things to Do

- Drink lots of fluid (8-10 glasses of water a day unless your doctor tells you otherwise).
- Eat a soft diet (no hard chewing).
- Bathe or shower in warm or lukewarm (not hot) water, but keep the nasal splint dry.
- You may wash your hair the day following surgery. Do lean your head back rather than forward (to keep the splint dry) and use a cool setting for your hairdryer.
- Place ointment into the nostrils 3-4 times a day for 3 weeks or **as ordered by your doctor**. (This will prevent and/or soften nasal crusting. Allow this crusting to fall off on its own.)

- Change nasal drip bandage as necessary.
- Apply cool compresses (covered ice packs) to the eyes for 1-2 days to help reduce swelling and soothe the eyes.
- Sneeze with the mouth wide open to relieve pressure.
- When sleeping, keep your head raised on 2 pillows for 10 days.

◆ Things to Avoid

- Avoid aspirin (ASA) for 2 weeks. Consult your doctor if you normally take ASA.
- Do not drink alcohol when taking pain medication.
- Avoid bending, straining, and lifting objects heavier than 10 lbs. (i.e. heavy bags of groceries, children) for one week.
- Avoid flying, swimming and diving for 6 weeks.
- Avoid saunas, sunshine, hot tubs and activities that cause you to get very hot (i.e. red face, sweating) for 2 weeks as it can increase the chance of bleeding.
- Avoid hitting (trauma) to the nose.
- Avoid contact sports for 8 weeks.
- Avoid coughing or clearing of throat too forcefully.
- **DO NOT** blow your nose for 10 days after surgery. If your nose is blocked, sniff gently to clear the passages.

◆ Follow-Up Appointment

Ensure you keep appointments for follow-up care with your Doctor. Contact your Doctor's office to arrange for an appointment.