

Rhinoplasty

Postoperative Instructions

DIET

You may eat a normal diet. However, start with clear liquids and bland foods such as toast or crackers and advance as tolerated.

ACTIVITY

It may be several weeks before you should engage in strenuous activity.

Plan on staying in bed with your head elevated (except of going to the bathroom) for the first day. Continue to sleep with your head elevated for several days to help minimize swelling.

WOUND CARE

After surgery, particularly during the first 24 hours your face will feel puffy, your nose may ache and you may have a dull headache.

The swelling and bruising around your eyes will increase at first, reaching a peak after two or three days. Applying cold compresses will reduce this swelling and make you feel a bit better. In any case, you'll feel a lot better than you look.

Most of the bruising should disappear within two weeks or so. Some subtle swelling (unnoticeable to anyone but you and your surgeon) will remain for several months.

A little bleeding is common during the first few days following surgery, and you may continue to feel some stuffiness for several weeks. Gentle spray of saline nasal spray may be used to loosen dry blood in your nose. **Do not blow your nose.**

Avoid hitting or rubbing your nose or getting it sunburned for 8 weeks.

Be gentle when washing your face and hair or using cosmetics.

You can wear contact lenses as soon as you feel like it but do not wear glasses for up to six or seven weeks or until your nose is completely healed.

Please leave your nasal splints in place until they are removed by your doctor in 1 week. If your splint comes off please call our office to get it replaced. It's important to leave it on during the first week after rhinoplasty.

MEDICATIONS

Have all prescriptions filled before surgery and bring all medications with you the day of surgery.

Take the pain medicine as prescribed. For the first 24 to 48 hours you will be more comfortable if the pain medicine is taken regularly, rather than waiting long periods between doses.

WHAT TO REPORT TO YOUR DOCTOR

- Change in vision or swelling around the eyes.
- Unusual or severe pain unrelieved by your medication.
- Excessive bleeding or continued bleeding not decreasing over time
- Persistent vomiting
- Discomfort from a full bladder or have not urinated in 8 hours
- Temperature over 101° F
- Excessive swelling and or redness of the surgery site

FOLLOW-UP APPOINTMENT

Your follow-up appointment with Dr. Mark Leyngold is scheduled for _____.

If any problems, concerns or questions, please CALL THE OFFICE at (208)900-4673. Follow the instructions for the doctor on call. If you feel your symptoms are an emergency, go to the Emergency Room closest to you or call 911.

A GUIDE TO YOUR PRESCRIPTION MEDICATIONS

KEFLEX : This is an antibiotic used to prevent infection

INSTRUCTIONS: Start day after surgery

ZOFRAN: This medication is for the prevention of nausea after surgery.

INSTRUCTIONS: Take one hour prior to surgery

OXYCODONE 5mg. Take 1tab by mouth every 8 hours as needed for pain

CELEBREX (Celecoxib) 200mg: One tab by mouth two times daily.

NEURONTIN (Gabapentin) 300mg: One tab by mouth three times daily.

TYLENOL (Acetaminophen) 1000mg: 1000mg by mouth every six hours.

SINECCH (Arnica Montana, herbal remedy): OPTIONAL

This medication is for bruising and swelling

INSTRUCTIONS: As directed on box.