



**PRE & POST OPERATIVE INSTRUCTIONS
RHINOPLASTY / SEPTOPLASTY**

1. You should make arrangements to be off from work for at least two weeks following surgery.
2. If you have small children someone should help you with childcare for at least 1 week.
3. You should arrange for a responsible adult caregiver that is at least 18 years of age to be with you for at least 24 hours after your surgery and preferably 48-72 hours post operatively.
4. Having your caregiver with you at your preoperative appointment is extremely beneficial.
5. No smoking for a period of two months prior to and after your surgery.
6. Do not drive until instructed to do so (for at least one week). Do not drive while you are still taking Narcotic pain medications.
7. You will be given a prescription for pain medicine with written and verbal instructions. Narcotic pain medication will cause constipation, for this reason it may be necessary for you to use a product of choice such as: Prunes, prune juice, milk of magnesia, colace, stool softener, etc. to help keep you regular and avoid straining with bowel movements.
8. Do not take aspirin containing products or NSAIDs (Ibuprofen, Aleve, Naprosyn, Motrin...etc.) two weeks prior to and after surgery. Tylenol is acceptable. Your prescribed pain medication contains Tylenol, and therefore you should not take additional Tylenol with the prescribed pain medication.
9. A postoperative splint will be placed over your nose after your surgery. Nasal packing will also often be placed into your nostrils. The packing is usually removed in 3-5 days postoperatively. The splint is best kept in place for 10-14 days after your surgery.
10. Post operatively you may experience trouble breathing through your nose; this is to be expected. It is important not to avoid blowing your nose or sneezing. Keep a small bandage under your nose to catch any drainage that may occur.
11. Do not shower 48 hours after surgery. After 48 hours it will be okay to sponge bathe or shower. Avoid soaking or immersing your face/nose in a steady stream of water (stand back with your back toward the shower). Having someone nearby when taking your first shower or sponge bath is helpful.

12. When arriving home you should remain relaxed. (Short walks are encouraged after the first day). You should not do any strenuous activities such as cleaning, exercising, or shopping until instructed. Avoid lifting (no more than 1 grocery bag at a time/ 10 lbs.), extending, straining, or bending for at least two weeks after surgery.
13. You should sleep with your head elevated (for at least 30 degrees) for the first two weeks, which will help with swelling. We recommend sleeping in a recliner or in bed with extra pillows to elevate your head.
14. Relaxation is an extremely important part of your healing process. Keeping your blood pressure down is important after rhinoplasty / septoplasty surgery. Make sure if you take blood pressure medication to take them. Be sedentary except for short walks for the first 2-3 weeks.
15. Your swelling will increase for the first 72 hours and then gradually subside. You may notice increased swelling in the morning. However, this will subside as the day goes on.
16. Ice on the surgical sight for at least 72 hours will help to reduce swelling (20 minutes on, 20 minutes off).
17. You may also experience some bruising and swelling around the eye area. This is to be expected and will gradually subside as days go on.
18. If you have sutures they will be removed around 5-10 days, at one of your postoperative appointments.

We have spent considerable time and effort to make your surgical experience as efficient and pleasant as possible. We would appreciate your suggestions regarding any area of your care, which you think, could be improve to make your experience more pleasant.

If you have any questions, please call our office between 8:00am and 5:00pm. If a problem should arise after office hours, the doctor can be reached through the answering service at (253) 627-2900.