

Post-Operative Discharge Instructions: Cosmetic Rhinoplasty

Patient Name: [Patient Name]

Date of Surgery: [Date]

Surgeon: [Surgeon Name]

1. Immediate Care

- **Nasal Splint/Cast:** Keep the splint on your nose dry. Do not attempt to remove or adjust it. It will be removed in the office in approximately 7 days.
- **Drip Pad:** You will have a "mustache dressing" under your nose to catch drainage. Change this pad as needed when it becomes saturated.
- **Head Elevation:** Sleep with your head elevated on 2-3 pillows for at least one week to minimize swelling.

2. Activity Restrictions

- Do not blow your nose for 2 weeks. If you must sneeze, do so with your mouth open.
- Avoid strenuous exercise, heavy lifting, or bending over for 3 weeks.
- Do not wear glasses or sunglasses that rest on the bridge of the nose for 6 weeks (use tape to secure them to your forehead if necessary).
- Avoid clothing that must be pulled over your head; wear button-up or zip-up shirts.

3. Medications and Hygiene

- **Pain Relief:** Take prescribed pain medication as directed. Avoid aspirin or ibuprofen unless approved.
- **Cleaning:** Use a cotton swab with hydrogen peroxide or saline to gently clean crusting around the nostrils. Apply antibiotic ointment if prescribed.
- **Ice Packs:** Apply cold compresses to your cheeks and eyes (not directly on the nose) for the first 48 hours to reduce bruising.

4. When to Call the Surgeon

Contact the office immediately if you experience:

- Sudden, severe nosebleed that does not stop.

- High fever (over 101.5°F or 38.6°C).
- Sudden vision changes or extreme swelling of the eyes.
- Severe pain not relieved by medication.

5. Follow-Up Appointment

Your follow-up is scheduled for: **[Date and Time]**

Emergency Contact: [Phone Number]