

# Rhinoplasty or Nasal Reconstruction

## After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

## Your Surgery

Rhinoplasty is a surgery to change the structure of the nose. It can be done to the inside or outside of your nose.

## What to Expect After Surgery

- You will have a splint on your nose.
- You may have packing in your nose.
- Expect a small amount of bloody drainage from your nose, especially 24 hours after surgery.
- Most of the bruising and swelling around your nose will go away in 7 to 10 days.
- Small amounts of swelling may stay for weeks or months.

## Before the Surgery

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy

- have diabetes
- take a blood-thinner medicine.

- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the surgery.

## Pain Relief

- Take any prescription or over-the-counter medicine as directed.

## Activity

- Your health care provider will tell you when it's OK for you to shower, drive, return to work, exercise and have sex.
- Keep your head raised by using three pillows when you lie down. This will reduce swelling and drainage.
- Don't blow your nose. Gently sniff and wipe with a tissue.
- Sneeze with your mouth open.
- Don't bump your nose after surgery.
- Wear clothing that has buttons. Don't pull shirts or sweaters over your head.
- Slowly return to your regular level of activity.
- Follow your health care provider's directions for how much you can safely lift.
- Rest as needed.

**(over)**

- Avoid tobacco and secondhand smoke. They can slow your recovery.

## Incision Care

- A dressing will be placed under your nose. Change when it is soiled.
- Follow any directions your health care provider gives you.
- Don't use lotions, creams, ointments, gels or powders on your incision site.

## Food and Beverages

- Don't eat foods that need lots of chewing to swallow.
- Avoid hot liquids (such as coffee, tea, soup) for 24 hours after surgery.
- Don't chew gum.
- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Avoid alcohol while you are taking prescription pain medicine.

## Personal Care

- Brush your teeth gently with a soft, small child-sized toothbrush.
- Wash your face gently with mild soap and water. Keep the dressing dry.
- Take tub baths only until the dressings are removed.
- Don't wash your hair for 1 week. Someone else may wash your hair over the bathtub or sink. **Don't get the nasal splint wet.**
- Avoid sun or tanning beds for 6 weeks after surgery.

## Upper Lip Care

- Avoid smiling for 1 week.
- Men: It's OK to shave, except for the upper lip area.

- Women: It's OK to use makeup if it's gently applied. Use a brush to apply lipstick. Don't pull your upper lip down when applying it.

## Glasses or Contacts

- Follow your health care provider's directions for wearing glasses or contacts.
- Don't rest your glasses on your nose because it may reshape your nose.

## When To Call Your Health Care Provider

Call your health care provider if you:

- have a temperature of 101 F or higher
- have blurred vision
- have increased swelling in or around your nose or eyes
- have any injury to your nose
- have new pain or pain you can't control
- have new pain or pain you can't control
- have bleeding that gets worse
- have problems having a bowel movement
- have signs of infection at your incision site:
  - pain
  - swelling
  - redness
  - odor
  - warmth
  - green or yellow discharge
- are unable to get out of bed
- have nausea (upset stomach), bloating or vomiting (throwing up) that won't stop
- have any questions or concerns.

## Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.