

Scott P. Bartlett, M.D.
Plastic and Reconstructive Surgery
a division of
CHILDREN'S SURGICAL ASSOCIATES, Ltd.

WHAT YOU MAY EXPECT FOLLOWING YOUR RHINOPLASTY

After the surgery, you will have a small metal/plaster splint taped to your nose. You will experience some discomfort due to the packing in your nostrils, which will be removed approximately 5-7 days following your surgery. A gauze pad will be placed across your nostrils to collect any blood or drainage that oozes from your nose. You must breathe through your mouth until the packing is removed.

After the operation, there is some pain and usually a headache, which is easily controlled by medication. Do not hesitate to ask for medication if you need it. By keeping your head elevated and applying cold compresses to your eyelids, you will aid in reducing any swelling and bruising. (To make cold compresses, fill a clean basin with ice and soak the gauze sponges until chilled. Apply gently to the eyelids for the first 1-2 days following your surgery). The splint will stay in place on your nose until your first office visit, approximately 5-7 days after the surgery. Drink plenty of water after surgery to promote healing and decrease swelling.

Although you will be up and about in a day or two after your surgery, your activities will be restricted for several weeks. The list provided outlines the proper schedule for resuming your normal routine:

- 1) DO NOT BLOW YOUR NOSE OR SNEEZE THROUGH YOUR NOSE FOR TWO WEEKS. It is all right to sneeze through your open mouth. (Sniffing inward is permitted).
- 2) You may shower, keeping the splint dry.
- 3) You may use Vaseline petroleum jelly or warm water and soap on a Q-tip to loosen crusting around the nostrils. DO NOT insert the Q-tip or anything else up inside the nostril.
- 4) Do not get bumped in the nose, do not bend over or strain.
- 5) Refrain from vigorous activities for three weeks. No competitive sports for eight weeks. No swimming or jogging for three weeks. No diving for six weeks.
- 6) Do not plan any distant or air travel for three weeks after surgery.

Bruising around the eyes will begin to fade within a few days of surgery and will disappear in 2-3 weeks. The swelling of the nose subsides gradually. The greatest change will be in the next 3-6 weeks; it may take 6-12 months before final healing is realized. You may use make-up to camouflage the bruises after the splint is removed.

SIGNS & SYMPTOMS TO REPORT TO YOUR DOCTOR

- Temperature over 100 degrees Fahrenheit
- Severe headache
- Any excessive bleeding from the nose, excessive pain or swelling.

Please Call the office if you experience any of the above symptoms: 215-590-2209 (*after 4:00PM or on the weekends, call 215-662-4000 and ask for the plastic surgery resident on-call*)

***Please note these are generalized instructions; you will be given specific instructions to suit your particular needs when you are discharged.*