

RHINOPLASTY

PAIN CONTROL & ANTIBIOTICS

Keep the surgical site elevated for the next two days. This will help reduce swelling and pain.

The freezing will wear off in approximately 4-6 hours. Take pain killers as necessary. Extra-strength Tylenol or ibuprofen (Advil) covers most people's pain. Use the antibiotics and prescription painkillers as directed. If your nose bleeds, you can place Kleenex against your nostrils and hold there for 10-15 minutes without checking.

If you notice an increase in swelling, redness, discharge, or pain greater than what you would expect, please contact my office or your family doctor, or go to the nearest to emergency department.

DRESSING CARE

SPLINT

Leave the splint on but if it comes loose, do not try to replace it. It is not strong enough to prevent damage from contact; it just helps hold the shape.

PACKING

Any packing needs to be removed next week. This will be done at the office. While it is in, DO NOT try to blow your nose.

NOSE BLEEDS

If your nose bleeds, you can place Kleenex against your nostrils and hold there for 10-15 minutes without checking.

INCISIONS

It is all right to gently wash the incision area with soapy water and rinse well. Keep the splint dry. Apply Polysporin to any scabbed areas or exposed stitches. Leave any tapes in place. It is okay to get them wet but keep the splint dry.

FOLLOW-UP & RECOVERY

Call the office at 604-589-6021 today or tomorrow to make an appointment for 5-7 days from now.



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