



AFTER SURGERY - RHINOPLASTY

- 1) Following surgery you will need to sleep with your head elevated for a minimum of 48 to 72 hours. 7 days is preferable. Cold spoons from the fridge to the eyes and cheeks can help with swelling and bruising in the early period.
- 2) For the first 1-2 days after surgery, a soft diet is recommended. It is ok to transition to a regular diet thereafter.
- 3) Keep the inside of your nose and stitches moist with nasal saline spray, 2 sprays 4-6 times or more per day.
- 4) Use a Q-tip with Vaseline, and apply to the stitches at the skin under the nose, and inside the nostrils at least twice a day. This is **critical to healing**.
- 5) Once drainage has stopped it is no longer necessary to wear the dressing that has been placed under your nose. Change the dressing under the nose as needed.
- 6) The rubber splints placed inside the nose will be removed at the 1 week visit.
- 7) **DO NOT INSERT ANYTHING INTO THE NOSE.** It is ok to dab lightly with a tissue.
- 8) **DO NOT BLOW YOUR NOSE, AND DO NOT WEAR A MASK UNTIL INSTRUCTED.**
- 9) Glasses **cannot** be worn directly on the cast (if placed). It is okay to tape them to your forehead if you need to wear them. Contacts may be worn immediately. If no cast was placed, you may wear glasses/contacts at any time. You may not wear glasses until 1 month after surgery.
- 10) Begin taking your antibiotic as prescribed following your surgery. Please take with food.
- 11) Brush teeth gently with a soft toothbrush only. Avoid manipulation of the upper lip to keep nose at rest. You may have some numbness of the upper lip and teeth for 1-2 weeks. This is normal.
- 12) Avoid extreme physical activity. Obtain more rest than you would normally get and avoid exertion, including athletic events and intercourse for one week. If rib was taken, get up and walk around at least 5-6 times per day.
- 13) If the cast comes off of the nose before your postoperative visit, **DO NOT REPLACE**. Simply leave it off.
- 14) **DO NOT GET THE DRESSING WET.** Take tub baths until the cast/nasal dressing is removed (if placed).
- 15) At your one-week postoperative visit the outer cast will be removed (if placed). Patients should shower prior to their postoperative visit getting the entire splint wet. This helps to slide the splint off easily with no discomfort. The internal splints will also be removed (if placed).

If any issues arise, please contact Dr. Katrib's office at **502.588.7020 (after hours 502.583.3687)**