

# **MINNEAPOLIS PLASTIC SURGERY, LTD.**

**763-545-0443**

**After hours: If answering service does not pick up call 763-520-4404**

## **AFTER SURGERY INSTRUCTIONS**

### **RHINOPLASTY**

- Take medications as prescribed. See separate page.
- You have been given gauze pads. Change the drip pad under your nose when it becomes moist. By the evening or next morning, the drainage will begin to subside. Call the doctor if you have excessive bleeding (bleeding which makes it necessary to change a saturated drip pad every 10 minutes or less for a period of one hour is excessive).
- Sleep with your head above heart level for 14 days. This will help decrease swelling and soreness.
- Some swelling and bruising around your eyes and nose is to be expected.
- It is important that you stay quiet for the next 24-48 hours as excessive activity may cause increased bleeding to occur.
- Keep the dressing over your nose dry and intact until you see your doctor. Do not remove splint for any reason!
- If you have eyeglasses, please refrain from wearing them unless approved by your doctor.
- Ice packs may be placed gently on your nose over your dressing to help decrease swelling and soreness.
- You may drink liquid when you arrive home. By evening, if you are not nauseated, you may have a light meal.
- DO NOT drink any alcoholic beverages (beer and wine included) for 5 days or while taking pain medication. Alcohol, medications and/or anesthetic drugs may interfere with good judgment.
- If you have to pick something up, do not lower your head and bend over. You should bend at the knees.
- DO NOT blow your nose for 3 weeks after surgery. While the nasal packing is in, you sneeze with your mouth open.
- DO NOT do anything that requires your coordination for 48 hours. The medication and/or anesthetic agents may interfere with good judgment.
- Do not hesitate to call the doctor's office if you have any questions about your recovery. PHONE: 763-545-0443.