



## **Rhinoplasty Post-Operative Instructions**

### **Immediately After Surgery**

1. Take your antibiotic twice a day for 10 days.
2. Take the entire Medrol steroid dose pack. Follow the instructions carefully.
3. Come to the office on day 7 after your surgery for evaluation by Dr. Zuriarrain.
4. Apply an ice compress to your nose, face and eyes frequently for the first 24 hours (20 minutes on and 20 minutes off).
5. DO NOT fall asleep with ice on your nose.
6. Maximum weight allowed to lift is 5 pounds for the following 6 weeks.
7. Do not take any aspirin-type products for 2 weeks after surgery. ONLY use the pain medication prescribed by the surgeon.
8. Rest with head elevated at least 30 degrees or on 3 pillows for 7 days. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
9. You should rest quietly and comfortably for the first 24 hours after surgery.
10. Please limit ALL activities for the first week following your procedure. Only walking is allowed starting the evening of surgery.
11. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days.
12. You may change the gauze "drip pad" under your nose as needed. It is normal to have light bleeding and staining of the gauze for up to 3 days after surgery.
13. If for any reason you are concerned about the bleeding, you should sit upright, relax and hold gentle pressure for 10 minutes without peeking.
14. NEVER remove any of your nasal packing or splints until seen by the surgeon.
15. The splint on your nose must remain in place at ALL times. If it becomes loose, place an additional strip of tape across from cheek to cheek.
16. You may shower from the neck down. Females should wash hair with assistance. You may wash your face with a wash cloth. BUT always keep your nasal splint DRY!
17. Use saline mist 3-4 times a day after removing the drip pad to keep your nasal passages moist. Gently exhale through the nose into a Kleenex to clear the saline. NEVER blow your nose forcefully! We recommend you use Ocean Spray saline mist (buy at any pharmacy).
18. Keep your stitches and the rims of your nostrils clean DAILY with a Q-tip and hydrogen peroxide. Apply a thin layer of Neosporin or Bacitracin to the stitches once daily after cleaning.

## Taping and Caring for your Rhinoplasty

1. For the first week after surgery, you will leave the splint and tape on your nose. You may wash around the nose (making sure to keep the splint dry).
2. AFTER your first post-operative visit and with agreement by the surgeon, you should change the tape that is applied around the tip of your nose and across the bridge on a DAILY basis. Keep using the nasal splint at all times.
3. You will continue to change the tape daily for 7 days and keep the tape/splint on all the time.
4. The following 2 weeks (after the first 7 days) you will then only wear the tape/splint at night before you go to sleep to protect your nose. Read below ·
5. **IN SUMMARY:**
  - a. After your first post-op visit, you will wear the tape/splint on your nose for a total of 3 weeks. For the **first week**, it will be around the tip and across the bridge **24/7**.
  - b. For the **second 2 weeks**, wear tape/splint across the bridge **at night only**.
6. You must keep your nose clean. Use a **Q-tip with hydrogen peroxide** to gently clean the nostrils and you may carefully squirt saline mist into your nostrils and gently blow your nose.

### **Medication indications:**

You may begin taking your prescribed pain medication, antibiotics and nausea medication immediately after your surgery.

## Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
2. Do not drive for 5 days following surgery or until cleared to do so by your surgeon.
3. No smoking is allowed 4 weeks before and 4 weeks after surgery. Hopefully you do not smoke at all.
4. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
5. Before you plan to perform any vigorous activity or sport/travel please notify the office/surgeon.
6. Please avoid all direct sun exposure for 8 weeks after surgery. Start using sunscreen 7 days after surgery every day and use for the rest of your life to minimize scarring. After 8 weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.
7. You must be seen in the clinic for monthly follow-up visits the first 3 months followed by another visit at 1 year at minimum.
8. DO NOT wear glasses for 6 weeks.

For **optimal scarring results** Dr. Zuriarrain recommends that you please purchase our **Silagen Scar Therapy System**, and begin using 2 weeks post operatively. Please ask one of our Staff members for more details.

9.

\*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take your temperature with a thermometer a clinically significant fever is a temperature of **102 degrees Fahrenheit or greater**.

### In case of emergencies:

The office can be reached directly at 786-804-1603. For any after-hour **emergencies** call:

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

#### **For an emergency please go to:**

1. Baptist Hospital  
8900 North Kendall  
Miami, FL 33176  
786-596-1960
2. South Miami Hospital  
6200 SW 73 Street  
South Miami, FL 33143  
786-662-4000
3. Larkin Hospital  
7031 SW 62nd Avenue  
South Miami, FL 33143  
(305) 284-7500