



Gallery of Cosmetic Surgery

POST-OPERATIVE INSTRUCTIONS FOR RHINOPLASTY

- Head Position:** Try to maintain head elevation at an angle of 15-30 degrees whenever lying down for the first 10 days. Use of recliner chair for sleeping is ideal, as to limit the amount of bruising and swelling, you need to maintain your head above your chest level.
- Dressing:** **Do not** remove the nasal splint, tape, or bandages. These will be removed at the office a week after your surgery. Your nasal passage may be blocked, and you can expect some blood-tinged drainage for several days. It is helpful to wear a drip pad (gauze) under your nose to absorb the drainage and change it as needed. **Please keep the splint and nasal dressing dry till the morning of your one-week post operative visit. On the morning prior to your post-operative visit, make sure water runs over your nose in the shower.** This will loosen the tapes for easy removal.
- Ice:** To limit swelling and bruising, place ice packs (crushed ice in Ziploc bags) over the eye lid and cheek areas for the **first 24 hours**. This should be done in 45 minutes on, 15 minutes off, while your are awake. **Avoid placing the ice bag on your nasal splint.**
- Medication:** Take all prescribed medications as directed. Narcotic pain medications should be taken if absolutely needed, and should be taken with a light meal. After the first week you may take Advil for pain and reduction of swelling.
- Vitamins:** Use of certain vitamins is recommended while certain vitamins should be avoided. (list of vitamins to be avoided is provided separately). Starting two days prior to the procedure start **Vitamin C** 500 mg twice daily, **Vitamin K** 100 mcg twice daily, **Arnica Montana** 5 pellets under the tongue twice daily. (all of these can be purchased from any health food store like GNC) and continue for at least 5 days after the procedure.
- Bathing:** **Wash your hair** 3 days after surgery. Be sure to lean your head back in the sink and get someone to help wash your hair, **avoid getting the nasal splint wet.** You may bathe or shower, but keep the splint dry until the morning of your **one-week** post-operative visit. Make sure that the morning of your one-week post-operative visit you run water over the splint, so it is easier to remove.



Gallery of Cosmetic Surgery

- Nasal Care:** One week after surgery start using Ocean Spray (saline solution from a pharmacy) spray the solution 3-4 times a day in each nostril. In the morning and at night gently rub antibiotic ointment in the nostrils using Q-tip.
- Make Up:** You can start applying facial cosmetic make up once the splint is removed. A mint green cover stick following by flesh tone foundation will cover most bruising (look for it in the pharmacy's cosmetic section)
- Smoking:** Smoking will delay your ability to heal. You should not smoke 3 weeks after your surgery. It hinders your circulation and wound healing abilities.
Nicotine patches are OK to use.
- Clothing:** **Do not** wear Pullover clothes for two week (you may hit your nose while changing clothes) preferably a button-up or zippered.
- Sneezing:** **Do not** sniff or blow your nose for two weeks. Avoid sneezing, if you need to sneeze, do so with an open mouth.
- Eye Wear:** Contacts may be worn after second day. Eyeglasses can be worn over the nasal splint. After splint is removed **Do Not** allow the glasses to rest on the nose for six weeks, as it may change the final contour. To avoid changing the final contour, glasses can be taped from the forehead.

Please Report any of the following to our office

- Excessive pain or bleeding
- Rash
- Fever above 100 degrees by mouth
- Excessive swelling, bruising, fatigue or depression

**Please call the Newport Beach Center for Surgery at (949) 706-0678
or Dr. Sadati at (949) 485-8101 with ANY questions.**

We look forward to seeing you on the day of your Procedure!!

*General Cosmetic Surgery
Facial Plastic & Reconstructive Surgery*