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www.beckplasticsurgery.com

RHINOPLASTY (NASAL SURGERY)
AFTER CARE INSTRUCTIONS

1. While lying down or sleeping keep your head elevated on 2 pillows for the first 7 days after surgery.
2. For the first 72 hours after surgery, apply an ice pack (crushed ice in a Ziplock style bag) or Swiss Eye Pads (obtained from the hospital) to minimize swelling and bruising. Do not put pressure on the nasal splint.
3. It is normal to continue to swell after the first 48 hours. Swelling reaches its peak at 48-72 hours.
4. If you have pain or discomfort, take the pain medication every 4-6 hours. It is best to take the pain medication with crackers, Jell-O, etc. If you do not have pain please do not take the pain medication. Do not drink alcohol while you are taking pain medication.
5. You may be given an anti-anxiety/muscle relaxant medication that you may take as well to prevent aggravation of the pain cycle. If you feel anxious, take the anti-anxiety medication every 6-8 hours for the first 24-48 hours. **DO NOT TAKE ANY FORM OF SLEEPING AID WHILE TAKING THIS MEDICATION.**
6. A light diet is best following surgery that day. Begin by taking liquid slowly and progress to soups or Jell-O. You may start with a soft, regular diet the next day. For the first 2 weeks avoid foods that require excessive lip movement such as apples, corn on the cob, etc. During recovery, a high protein diet will benefit your healing. Daily protein supplementation with pre-made shakes (eg. Boost, Muscle Milk) or soluble powder (whey, soy etc.) from a nutrition store is recommended.
7. You will likely have a bloody/clotted nasal discharge for 3-4 days. This is absolutely normal and you may change the drip pad under your nose as often as needed. Do not rub or blot your nose, as this will tend to irritate it. You may discard the drip pad and remove the tape on your cheeks when the drainage has stopped.
8. To prevent bleeding, do not sniff or blow your nose for the first 2 weeks after surgery. Try not to sneeze, but if you do, sneeze through your mouth.
9. While the nasal splint is on, you may have your hair washed in a beauty salon fashion (Head tilted back, letting water and product run off away from your face). Take care to prevent the nasal splint from getting wet.
10. Keep the inside edges of your nostrils and any stitches clean by using a Q-tip saturated with half strength hydrogen peroxide (1 part peroxide, 1 part water) followed by a thin coating of Polysporin ointment. This will help prevent crust from forming. You are to advance the Q-tip into the nose as far as the cotton tip, but no further. You will not hurt anything inside your nose as long as you are gentle in your actions.

GENERAL POST-OPERATIVE CARE

1. You may gradually resume normal daily activities after 2 weeks being careful to avoid any activity that causes bending forward, pain or discomfort. Lifting of objects heavier than 10 pounds should be avoided for 3 weeks. Strenuous activities and exercises are to be avoided until 4 weeks after surgery. During the recovery period your heart rate should stay below 100 beats per minute.
2. Avoid hitting your nose for 6 weeks after surgery.
3. The nasal splint(s) will be removed in 6-7 days after surgery.
4. After the splint is removed, do not wear glasses or allow anything else to rest on your nose for 4 weeks. Glasses should be taped to the forehead (We will show you how). Contacts can be worn as soon as the swelling has decreased enough for them to be easily inserted without discomfort.
5. After the nasal splint is removed, the nose can be washed gently with a mild soap and make-up can be applied. Moisturizing creams can be used if the nose is dry.
6. Sutures will be removed in 7-14 days. After your sutures are removed and the internal/external splints are removed it is recommended that you use a saline solution (Ocean or Ayr Nasal Spray) to gently remove crusty formation from inside your nose. Use two squirts, each nostril, 4-5 times daily. This is especially important if you had internal nasal surgery such as septal reconstruction or inferior turbinate resection.
7. You can use nasal spray (Afrin) intermittently ONLY for the first and second week post-op for improved nasal breathing. If you are taking an airline flight spray each nostril 30 minutes before takeoff and thirty minutes after landing to help prevent your ears/nose from popping.
8. The incisions on your nose will be extremely sensitive to sunlight during the healing phase. Protect your facial skin from excessive exposure to the sun for 8 weeks and the incision line from sun exposure for 12 months. Direct sun contact or tanning booths are to be avoided. Wearing a wide brim hat and use of a clinical grade sunscreen with a SPF of at least 30 with zinc oxide (UVA and UVB protection) is recommended.
9. Take your medications carefully and only as directed.
10. **DO NOT SMOKE** or ingest any nicotine containing products (gum, e-cigarettes, etc.). This is very important for optimal wound healing.
11. If you experience increased nasal bleeding with bright red blood (with a need to change nasal pad at least every 30-40 minutes) notify Dr. Beck immediately. You should sit up and apply pressure to the end of your nose for 15 minutes. You can use Afrin spray to stop the oozing in the interim. Bleeding usually stops with these maneuvers.
12. **Beginning at 3 weeks after surgery**, apply a scar cream to the incision to maximize wound healing. Use the cream for 6 months after surgery. The addition of a hydrating cream and vitamin cream will promote early softening and maturation of these areas.

WHAT TO EXPECT AFTER SURGERY

The tip of the nose sometimes will feel numb after rhinoplasty and occasionally the front teeth will feel “funny.” These feelings will gradually disappear.

Much of the swelling will be gone in 2-3 weeks after surgery. It often takes approximately 1 year for the last 10% of the swelling to disappear. Your nose may feel stiff when you smile and not as flexible as before surgery. This is not noticeable to others and things will gradually return to normal.

Occasionally, there is a loss of the sense of smell and taste. These senses will return within approximately 3 weeks.

Please note:

- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.**
- If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Beck immediately.**

FOLLOW-UP INSTRUCTIONS

It is important to be seen by Dr. Beck after your initial post-op checks. He will see you for follow-up appointments at 1 week, 3 weeks, 6 weeks, 3 months, 6 months and 1-year post-op. For your convenience you may schedule your appointments at either our Southlake or Dallas office (see below). To schedule your appointment please call us at 214-818-4751 between the hours of 8:30 am – 5:00 pm at least 1 week prior to your desired date.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. BECK

If you need immediate care, please call Dr. Beck anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Beck’s cell: given at time of surgery

Dr. Beck’s office: 214-818-4751

Dr. Beck’s email: drbeck@dpsi.org

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