



**Plastic & Hand Surgery**  
ASSOCIATES, LLC

**POST- OP INSTRUCTIONS AFTER A SEPTO/RHINOPLASTY (Nose Surgery)**

1. Sleep with your head elevated using 3-4 pillow or sleep in a recliner.
2. **DO NOT** stoop over, strain or lift anything greater than a milk carton, do not blow your nose. If you have to sneeze, do so with your mouth open.
3. Change the drip pad under your nose as needed. You should expect some bloody drainage.
4. Keep nasal splint dry and intact.
5. If you have internal splints, you will need to breathe with your mouth open. These will be removed at your post op clinic appointment.
6. You can drive as long as you are **NOT** taking any prescription pain medication.
7. You may discontinue your prescription pain medication and use Ibuprofen or Tylenol as tolerated.
8. You may use over the counter saline nose spray to help gently clean the nostrils.
9. Notify your Doctor at **601.939.9999** or **1.866.939.4999** if temperature greater than 101 degrees develops lasting more than 24 hours or if there are any signs of **infection** (redness, drainage that is not clear, warmth at the incision sight).
10. If you are unable to reach a physician and immediate attention is needed, please go to the nearest emergency room.

Note: The purpose of our after-hours on call service is for emergencies. If you have a routine questions, that is not answered above, please wait until after 8.30am the following morning to call our office, and we will be more than happy to answer any and all questions.