POST OPERATIVE INSTRUCTIONS FOR RHINOPLASTY / SEPTOPLASTY SURGERY

Head Position: Try to maintain your head elevation at an angle of 15-30 degrees whenever lying down for the first week after your surgery. The use of a recliner chair for sleeping is ideal. You need to maintain your head above your chest level as this will help limit the amount of bruising and swelling.

Dressing: Do not remove the nasal splints. These will be removed at our 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.

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. Ice for approximately 15 minutes every two hours while you are awake.

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 to help in the reduction of swelling.

Vitamins: Use of certain vitamins is recommended while certain vitamins should be avoided. (A list of vitamins and products to discontinue is provided in your folder). Starting 5 days prior to your surgery, start taking Vitamin C 500 mg twice daily, Vitamin K 100 mcg twice daily, and Arnica Montana (see directions in package) You can purchase any of these products from Mother’s Market, Whole Foods or specialty markets. Continue taking for at least 5 days after your procedure.

Bathing: Wash your hair the day before surgery. After your surgery, ask Doctor Sadati when you can wash your hair. The day of your one week appointment, be sure to get your splint wet, running water over the splint in the shower - doing this will loosen the tapes for easy removal.

Nasal Care: One week after surgery start using Ocean Spray (saline solution) 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 a Q-tip.

Make Up: You can start applying facial cosmetic make up once the splint is removed. A mint green cover-up stick followed 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 2 weeks before, and 2 weeks after your surgery. Smoking hinders your circulation and wound healing abilities. Nicotine patches are OK to use up to 2 days prior to your surgery.

Clothing: Do not wear pullover clothing for two weeks after your surgery (you may hit your nose while changing your clothes) preferably wear a button-up or zippered top.

Sneezing: Do not sniff or blow your nose for the first two weeks after your surgery. Avoid sneezing, if you need to sneeze, do so with an open mouth.

Eye Wear: Contacts may be worn the second day after surgery. Eyeglasses may be worn over the nasal splint. After your splint is removed do not allow your glasses to rest on your nose for the first 4 weeks, as this can change the final contour of your nose – try taping your glasses 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 our office at 949-706-7776 during business hours Mon-Fri 9:00am-5:00pm. If you have any of the above symptoms, and it’s after hours, please call Dr. Sadati at (949) 200-3808.