

## Post-Operative Instructions for Rhinoplasty

### Pre-Surgical Instructions

- Do not wear make-up, creams, perfumes, moisturizers, or skin products the morning of the surgery.
- Discontinue ALL non-prescription, over the counter supplements. This includes all non-prescription herbal or homeopathic supplements at least 7 days before surgery.
- Discontinue medications such as aspirin and non-steroidal anti-inflammatory medications such as Motrin, ibuprofen, naproxen, Bayer, etc. Please discuss with Dr. Diepenbrock if any of these medications have been prescribed by your physician.
- Have someone drive you home after surgery and help you at home for 1-2 days.
- Do not eat or drink anything, including water, after midnight the morning of surgery. If you take medications in the morning, please discuss with Dr. Diepenbrock any necessary medications may be taken with a sip of water.
- You must have someone take you to the surgery and drive you home. This should be a family member or trusted friend. You may not leave after the surgery via taxi, Uber, Lyft, or other chauffeuring service.

### Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Back to work or school in 7-10 days.
- Full social activities can usually be resumed in 1-2 weeks

### Home care

- Significant swelling and bruising may occur and is expected. It is possible that your eyes may swell shut overnight and this is not a concern and will resolve quickly. Any severe eye pain or inability to see light or count fingers should be reported to Dr. Diepenbrock immediately.
- The goal of your recovery is to keep your head propped up and take it easy! Lifting, bending, or activity that elevates your blood pressure can cause dangerous complications and needs to be avoided until cleared by Dr. Diepenbrock. You don't do this every week, so take care of yourself and follow instructions!
- Elevate your head on several pillows or sleep in a recliner. Elevation helps diminish the swelling. Ice compresses should be used for the first 24 hours after surgery. You may begin using warm/moist compresses on the second day after surgery. Ensure the compress is not too hot, as the area may have some numbness and can cause burns. Check the temperature on the back of your hand.
- Beginning the day after surgery, you or a care giver will begin cleaning and caring for your incision(s) line. Mix 1-part hydrogen peroxide and 1-part water and clean the area in a circular fashion. After cleaned, apply a liberal coat of antibiotic ointment to your suture or staple lines with. Do this 4-5 times per day. Discontinue the antibiotic ointment at 7-10 days or until instructed otherwise. Continue to clean the incisions line with hydrogen peroxide and water until no "scab" is noted. Thorough cleaning and maintenance will help prevent clotted blood and scabs from forming and improves the final scar.
- Some bruising and swelling are expected with this procedure and should resolve gradually. You may experience blurred vision due to swelling or ointment used in or around the eyes. This will resolve over the first several days. Headaches may occur and should resolve within the first three to five days. The numbness and itching sensations are very common and seem bothersome at first, but usually resolve without a problem.



- A small amount of oozing may be possible for a week or two after surgery. This is normal
- Do not remove the adhesive strips on the nose and cheeks.
- Take all medications as directed. If you have any questions, please contact the office.
- You may drive a car when you can comfortably move your head, have no blurring of vision, and are not taking pain medication. No bending over, heavy lifting or strenuous exercise should be done for the first two weeks. You may walk to keep in shape, as this will not compromise your healing or final result. Dr. Diepenbrock will advise you on increasing your activity at your office visits.
- Get plenty of rest! Plan on taking it easy for at least the first week. You have both time and money invested into this procedure and there is no reason to compromise the final results by being too active.
- Follow balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Avoid foods that contain salt; particularly canned foods such as soup, as this can aggravate swelling.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your surgeon.
- Do not drink alcohol when taking pain medications. Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention. Do not smoke, as smoking delays healing and increases the risk of complications.
- Please schedule a follow-up appointment at 24 hours and 6 days unless directed otherwise.

**REPORT ANY OF THE FOLLOWING BY CALLING 260-436-6898 (NUYU)**

- Excessive bleeding.
- Itching, redness, or rash around the eyelids.
- Temperature above 100.5 degrees orally.
- Excessive sudden swelling or discoloration.
- Excessive fatigue or depression
- Persistent pain.

**For Emergent needs, go to the nearest Emergency Department and contact Dr. Diepenbrock**