

WEST COAST PLASTIC SURGERY CENTER

RHINOPLASTY/SEPTOPLASTY

POST-OP INSTRUCTIONS

ACTIVITY

1. The first week you will need to rest frequently. You may walk round the house as tolerated.
2. Sleep on your back with head elevated at least for the first week to decrease swelling. Avoid sleeping on your side.
3. Every 2-3 hours take deep breaths to expand your lungs. You may not be able to breath through your nose.
4. Avoid picking anything up greater than I-2 lbs. or bending over the first week. The doctor will tell you when you can lift anything heavier.
5. Avoid bending over as this can put pressure on the nose.
6. Do not exercise until told to do so.
7. Do not drive the first week or while you are taking your pain medication. You should continue to wear a seat belt.
8. Do not smoke or be around smoke at least the first 2 weeks. This could interfere with healing.

DIET

1. Eat light the first 24 hours, clear liquids advancing to regular diet as tolerated.
2. If you have persistent nausea stick to a bland diet until it subsides.
3. The pain medicine may cause constipation. Drink plenty of fluids. You may take an over the counter laxative.

DRESSINGS

1. You will have steri-strips and a nasal splint on your nose. This stays on until you first post-op visit.
2. If you have packing the doctor will tell you when to come in to have it removed.
3. Do not shower until the splint is removed.
4. You will need to use an ice pack for 20 min, on and 20 min off while awake the first 48 hrs.
5. You may experience some oozing of blood From the nose for 24-48 hr.. You will probably go home with a drip pad under your nose. You will need to change it as needed.
6. Your eyes may be swollen and bruised. This could last 1-2 weeks.

MEDICATION

1. The antibiotic should be taken until it is completed as prescribed.
2. The pain medicine is a narcotic and should be taken as prescribed. Do not take any Tylenol while taking the pain medicine. The medication we prescribe already has Tylenol in it.
3. Do not drink alcohol or drive while you are taking the pain medication
4. The pain medicine can cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for Ibuprofen and Vitamin E (wait at least 5 days post-op)
6. If you are on aspirin or coumadin check with our doctor as to when you can resume.

CALL THE OFFICE AT (805) 728-1749 IF YOU HAVE:

- 1 A temperature greater than 101 degrees.
- 2 Excessive bleeding saturating the dressings.
- 3 A sudden increase in drainage, pain, or swelling at the incision site or the surrounding area.
- 4 If you have persistent vomiting, have a pharmacy number so a script can be called in.
- 5 Any questions regarding your care.

IF YOU HAVE A LIFE THREATENING EMERGENCY CALL 911 AND GO TO THE CLOSEST HOSPITAL

I certify that I have received these patient instructions.

Patient Signature/Date