



## **Pre and Post Operative Instructions RHINOPLASTY**

### **MORNING AFTER**

1. You will be seen in the treatment room by the surgeon.
2. Your nasal pack will be removed and your surgery checked.
3. You will keep your plaster cast on; it will be removed at your first post op appointment.

### **AFTER SURGERY**

1. Get up and around after 24 hours.
2. Eat cool, soft foods only for 24 hours after surgery.
3. Wash face gently with cool water only for 24 hours. Keep the dressing dry until your post operative visit.
4. Apply ice compresses intermittently for 48 hours under eyes to help alleviate swelling.
5. Do not bend forward.
6. Open your mouth when sneezing. Do not blow your nose for two weeks.
7. Under NO Circumstances touch or poke your nose with any foreign objects.
8. The plaster dressing will be removed after approximately seven days at your post op visit.
9. You will encounter swelling and bruising which will subside in due course.
10. Avoid strenuous activity for approximately six weeks. Too much strenuous exercise too soon may cause bleeding.
11. Be patient. It may take as long as nine months for the subtler contour changes of the nose to take place and finalise.
12. Do not take aspirin for at least one week following surgery.

Please note this hospital has a no smoking policy