



## Rhinoplasty After Surgery Care:

- Get plenty of rest.
- Drink plenty of fluids.
- No lifting greater than 10 lbs. for 4-6 weeks after surgery.
- Start walking short distances as soon as possible after surgery.
- Do not drink alcohol for 1 month after surgery and while taking pain medications.
- Dr. Yazdani will see you one week after surgery to remove your nasal splint and/or any sutures.
- Use a nasal saline spray twice daily in each nostril.
- Change your incision wounds daily using Polysporin following the instructions given to you at your pre-op appointment.
- Do not blow your nose or sneeze out of your nose for 6 weeks.

### **Call the office if the following occur:**

- If you have increasing swelling.
- If you develop redness that persists or worsens after a couple days.
- If you have pain that is worsening or not relieved by medication.
- If you develop a fever or chills.
- If you have yellow, green or white drainage or notice a foul odour.
- If you have tissue that turns dark purple or black.
- If you have bleeding that is not controlled with light pressure.

### **If you experience any of the following life-threatening emergencies, go to the nearest emergency department immediately:**

- Severe chest pain.
- Difficulty breathing, shortness of breath.
- Unconsciousness or non-responsive.
- Pain in the leg, increased swelling or discoloration to the leg.
- Slurred speech, one-sided weakness.
- Severe onset headache.

### **Contact information:**

Please use the contact information below to reach us during regular business hours. In case of emergency, please go to your local emergency department.

# Wound Care Instructions

After surgery you will need to take care of your incision(s) as it heals. Doing so may limit scarring, may help you avoid pain or discomfort, and may help lower the risk of potential post-operative complications such as infection.

The surgeon will use sutures to close your incision. You will need to keep the area clean, change the dressing according to our instructions, and watch for signs of infection.

## **Changing a dressing:**

- Before you start, make sure you have all the required supplies (gauze pads, Polysporin, tape and scissors).
- Prepare supplies by opening the gauze packages and cutting to appropriate size if needed.
- Wash and dry your hands.
- Loosen the tape around the old dressing.
- Remove the old dressing.
- Clean the incision if your doctor told you to do so.
- Inspect the incision for signs of infection.
- Pat incision dry and apply Polysporin.
- Hold a clean, sterile gauze pad by the corner and place over the incision.
- Apply tape to the gauze pad to hold in place.
- Put all old dressings in a plastic bag and dispose of in garbage.
- Wash hands.

## **Cleaning an Incision:**

- Gently wash it with warm water to remove the crust.
- Do not scrub or soak the wound.
- Do not use rubbing alcohol, hydrogen peroxide, or iodine, which can harm the tissue and slow wound healing.
- Air-dry the incision or pat it dry with a clean, fresh towel before reapplying the dressing.

In addition to these, you may be given special instructions for taking care of the incision. Be sure to follow those instructions carefully. If you are confused by the instructions or you have a question, please contact our office.

We will see you at your next follow-up visit.