



POST RHINOPLASTY INSTRUCTIONS

1. Your nose has had given excellent surgical care, but it needs a little care and precaution on your part for the best result.
2. Your first follow-up appointment should be scheduled for 7 to 8 days after your surgery.
3. Your medications include:
 - a. Antibiotic: _____
 - b. Pain medication: _____
4. In addition, you may want a sterile saline nasal spray to help loosen secretions. Brand names like Ocean Spray nasal drops are available at your pharmacy.
5. Keep your head elevated at all times for the next 2 weeks. Sleep on two pillows. This helps your swelling resolve.
6. Use cold packs for the first 24-48 hours. Be careful not to cause yourself frostbite! Usually 20 minutes on and 5 minutes off is a good schedule. This also helps cut down on your bruising and swelling.
7. Expect some mild bleeding in the first 48 hours. Change your drip pad as needed, and call if it seems excessive or if you have questions.
8. Leave your splints in place, and keep them dry.
9. Avoid any strenuous exercise or activity for the first 3 weeks.

Please feel free to call the office with any concern or questions (610) 527-4050

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