CAREOS
Discharge Instructions Rhinoplasty **DATE**_____

❑ **Dr. Sean Blaydon** ❑ **Dr. Tanuj Nakra** ❑ **Dr. Vikram Durairaj** ❑ **Dr. Emily Bratton** ❑ **Dr. Marie Somogyi**
❑ **Dr. Aliza Epstein** ❑ **Dr. Donovan Reed**

Office (512) 458-2141 M-F 7:30 am-5pm
After hours & weekends (512) 533-7355

CALL IMMEDIATELY FOR THESE PROBLEMS:

- **Pain not controlled by medication.**
- **Fever over 101 degrees with increasing pain, redness, swelling, and drainage from wound.**
- **Nose bleed that is not controlled with pressure for 10 minutes.**

DRESSING

- ❑ **Do not remove the splint on your nose or get it wet**.
- ❑ Change the drip pad under your nose as needed for the next 24-48 hours.

MEDICATION

- ❑ Continue your regular medications unless otherwise instructed by physician.
- ❑ Apply a small amount of **Neosporin ointment to the stitches 2 times a day for 7 days.**
- ❑ Take prescription **pain** medication for moderate pain. Tylenol/Extra Strength Tylenol for mild pain. Take pain medication with food to avoid nausea.
- ❑ ***You were given pain medication in the surgery center***. ***Next dose of pain medication at*** **_____.**
- ❑ Do not take Aspirin or anti-inflammatory medications (Advil, Motrin, Aleve, etc.), for 2 days after surgery.
- ❑ Other medications: ❑ Ondansetron as needed for nausea. Next dose: _____
  ❑ Medrol Dose Pack starts _____
  ❑ OTC Saline Spray as needed for moisture; Starting Day 3, spray saline into nostrils and gently blow into sink.

ACTIVITY

- Sleep on your back or side with your head elevated on 2-3 pillows.
- Stay in the company of a responsible adult for 24 hours after surgery.
- When bending, bend at knees only, and not from waist.
- Avoid lifting anything heavier than a gallon of milk for 7 days.
- No aerobic activity for 2 weeks.
- Do not submerge your head underwater in a swimming pool or hot tub for 1 month after surgery.
- Do not smoke for 2-4 weeks following your surgery.
- **Do not drive** while taking prescription pain medication.

HYGIENE

- You may shower the day after surgery, but **do not get your splint wet.** Tilt your head back to wash your hair.
- Use Q-tip dipped in Hydrogen Peroxide to gently clean just inside the nostrils.

DIET

- Resume regular diet. No alcoholic beverages for 2 days after surgery or when taking medication for pain.
- **Drin**k plenty of fluids. For the first 48 hours, cool or lukewarm beverages only, not hot.

OTHER_____

FOLLOW UP APPOINTMENT _____days. ❑ **PLEASE CALL 512-458-2141 FOR APPOINTMENT**

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I have received and understand these instructions. _____ _____
Patient/Representative Reviewed by

If you have any questions **immediately** after surgery call CAREOS M-F **7am-4pm (512) 458-4391** Revised 6/2019