

## Discharge Instructions Rhinoplasty

Date: \_\_\_\_\_

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### 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.
- Drink plenty of fluids. For the first 48 hours, cool or lukewarm beverages only, not hot.

### OTHER \_\_\_\_\_

### FOLLOW UP APPOINTMENT \_\_\_\_\_

If you have questions immediately after surgery, call Dr. \_\_\_\_\_ Mon-Fri 8am-5pm at 512-458-2141