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Postoperative Instructions for Rhinoplasty

INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Follow balanced diet.
- Decreased activity may promote constipation, add fruit to your diet and increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- No alcohol for 3 weeks.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid vigorous exercise and activities are restricted for at least 6 weeks. No heavy lifting, pulling or bending.
- Return to work in 2-4 weeks (Depends on job).

INCISION CARE

- Keep surgical tapes in place until they start to fall off themselves.
- Avoid shower until splint is removed, then you can wash your face gently with soap and water, then pat it dry.
- Keep your head elevated for several days and sleep with your head on 2 pillows for at least 1 week.
- Avoid blowing your nose for 1 week.
- Avoid sleeping on your face.
- Glasses can not be worn until your nose is completely healed, 6-8 weeks.
- Avoid exposing scars to sun for at least 12 months.
- Always use sunblock, if sun exposure is unavoidable (SPF 30 or greater).

WHAT TO EXPECT

- You may experience temporary sensitivity around the incisions for few days.
- You may have bruising and swelling around your eyes. The majority of bruising and swelling will subside in 1-2 weeks. Swelling around your nose may last for several weeks.
- You may experience some discomfort with breathing.
- Scars will be reddened for few weeks. They will fade and soften over time, it takes up to 6-12 months for the scars to mature.
- It may take up to 12 months before you see the end result.

FOLLOW-UP CARE

- The sutures are usually dissolvable.
- If you have nasal packing, it will be removed after a few days.

WHEN TO CALL

- If you have sudden painful swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.