

RHINOPLASTY POST-OPERATIVE INSTRUCTIONS

DIET: Start with liquids, if you tolerate them, you can gradually progress to soft foods. When you have tolerated those, you can get back to regular foods as tolerated. It is very important to drink plenty of fluids.

PAIN MANAGEMENT: Remember to have some food or milk in your stomach before taking pain medications. Do not take pain medication on an empty stomach. Take your medication as prescribed and after an hour if it has not helped the pain, or if you have any side effects such as a rash, itching, or swelling do not take another dose and notify your doctor. Please call your doctor before taking any other pain medication, (including over the counter medications) other than what is prescribed. The prescribed pain medication can cause constipation in some people. Increasing your water and fiber intake will help. A nurse will always attempt to call you within a few days following surgery.

ACTIVITY: You can be up and walking as tolerated. You may be a little lightheaded or dizzy when up. Prior to standing, sit on the edge of the bed or chair for a few minutes and take a few deep breaths. You can resume your regular activities as instructed by your doctor.

GENERAL ANESTHESIA: Because you have received general anesthesia today, **DO NOT** drive, operate hazardous machinery, or make any major or legal decisions or drink alcohol for 24 hours. Also, **DO NOT** do these things while you are taking a narcotic prescription. Also please have a responsible adult stay with you for the first 24 hours.

COMPLICATIONS: Notify your doctor if you have a fever greater than 101 degrees after the first 24 hours, if you have abnormal drainage, persistent nausea or vomiting. If you feel you are in need of emergency care, please go to the nearest emergency room.

SPECIAL INSTRUCTIONS:

1. Remain quiet for the first 24 hours.
2. take it easy for a couple of weeks.
3. Plan to sleep with your head elevated.
4. You will have a nasal pack that is to remain until you see your surgeon.
5. Wear loose comfortable clothing to the hospital.
6. Plan to visit your surgeon a few times after your surgery.
7. Do not blow your nose for 3 weeks.
8. When sneezing, open your mouth.
9. Do not bump your nose.
10. No contact sports for 6 weeks.
11. Plan 6 months to allow healing.
12. Please return to the clinic 1 week following surgery.
13. Iced 4x4's (not heavy packs) can be applied to the eye area.
14. Call Dr. Bishop for your follow up appointment