



KONSTANTIN vasyukevich^{m.d.}

facial PLASTIC & RECONSTRUCTIVE SURGEON

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POSTOPERATIVE INSTRUCTIONS: RHINOPLASTY

first day.

Once you get home after your procedure you should start taking pain medications as prescribed. Most people have very little discomfort with this operation, however we still recommend pain medications for at least one day postoperatively.

REMEMBER to avoid Motrin, Ibuprofen, Advil, and Aspirin for one week after your surgery.

You may gently place a cold pack over the dorsum of your nose to minimize the swelling and the bruising. Sleeping on a couple of pillows with your head elevated above the level of the heart will also help to reduce the swelling.

You will also see a splint that is placed over your nose. This splint will stay in place for one week. You have to be careful not to remove or displace it.

After the operation soft packing will be placed into your nose. This packing is designed to ensure proper healing and prevent bleeding. Unfortunately, it will also prevent you from breathing through your nose. Breathing through your mouth might make your throat feel dry, so keep a glass of water at your bedside and take small sips at night.

second day.

You may remove the packing from your nose as instructed by Dr. Konstantin. Administer Afrin nasal spray to both nostrils immediately after removing the packing and place a gauze right under the nose. At this point you may have some bleeding, however it will be short lived and does not require any treatment. This bleeding will gradually subside within the next several minutes. Continue to use Afrin spray 2-3 times a day for the next three days. Continue using pain medications as needed. Avoid coffee, hot or spicy food and cigarette smoking for the next three or four days.

three to seven days.

Your nose might feel "stuffed up" for a week or so then the breathing will gradually improve. You may go on with your normal daily activities and resume your normal diet. Avoid running, strenuous exercise, or bending down. Do not use Afrin after the third postoperative day. Instead, you should start using nasal saline spray (such as Ocean Spray)

day seven.

Nasal splint will be removed in Dr. Konstantin's office and tape will be placed over the dorsum of the nose. This tape will come off by itself over a period of a week or so. You may gradually resume your normal activities including moderate exercise. Avoid contact sports and very strenuous exercise for another two to three months.

two months.

Follow up visit will be scheduled in Dr. Konstantin's office.