2001 Butterfield Rd, STE 100, Downers Grove IL, 60515 630-426-6019

AFTER CARE INSTRUCTIONS

Rhinoplasty

- Do not participate in any activity that will raise your blood pressure or pulse for two weeks following surgery.
- Stay upright as much as possible. Avoid bending over or lifting heavy objects for one week. It may be helpful to place a rolled sleeping bag under your mattress to elevate the head of your bed. Put a rolled blanket or pillow under your knees to keep you from sliding down in the bed.
- Take pain medication as prescribed. It is OK to substitute Tylenol if the pain medication is too strong or causes nausea. Do not take aspirin or ibuprofen.
- If you become constipated, a common side effect of pain medications, take a mild laxative. Avoid straining with bowel movements.
- Swelling and discoloration usually peak the second or third day after surgery.
- Avoid hitting, bumping, or excessive touching of the surgical area.
- Avoid sunburns or tanning for 4 weeks after surgery.
- You will be given gauze bandages to place under your nose to absorb drainage. You may be changing this dressing every 30 minutes; this is normal. The bleeding and drainage should diminish the following morning.
- Do not blow or rub your nose for a week following surgery.
- If you need to sneeze, do so with an open mouth.
- You may have an external nasal splint. This will remain until your first post-operative appointment. Please keep dry.
- **You may shower the day after surgery. Use only tepid water and do not allow it to spray your face. Your face may be cleansed gently with cotton balls. Avoid getting the splint wet.**
- Avoid contact sports or activities such as skiing for 6 weeks.
- If you wear glasses, they can rest on your nasal splint immediately; however, you should avoid contacts for 2-3 days. Once the splint is removed, or if you do not have a nasal splint, do not allow your glasses to rest directly on your nose. This may, over time, change the contour of your nose. You can avoid this by wrapping the bridge of your glasses with tissue or gauze.

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WHEN TO CALL DR PARESI

Call 630-426-6019

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room

POST-OPERATIVE APPOINTMENT

Your first post-operative appointment will be 7-10 days after your surgery. At this time the splint will be removed and we will clean your nasal passages and sinuses.

FOLLOW UP IN 7-10 DAYS

ALL FOLLOW UP APPOINTMENTS ARE ON TUESDAYS