

Pediatric Rhinoplasty

Post-Operative Instructions

What is a Rhinoplasty?

A rhinoplasty is a surgical procedure done to correct prominent, unusual, asymmetric, or irregular nose. A rhinoplasty can also be done to improve the breathing through the nose. It is one of the most commonly performed cosmetic procedures.

What can I expect after surgery?

- Surgery will generally take about 2-3 hours and is an outpatient procedure.
- Parents should plan on spending about 6-8 hours at the hospital on the day of surgery.
- Your child will spend about 1 1/2 hours in the pre-op area, will undergo the surgical procedure, followed by a recovery room stay for approximately 1-2 hours.

How do I take care of my child's incision?

- Your child will wake up with silicone splints in the nostrils and on the outside of the nose.
- The splints on the inside of the nostrils will come out in 1 week and the splints on the outside of the nose will come out in 2 weeks.
- The splints need to remain dry for the full 2 weeks.
- Cleansing of the face can be done with a damp wash cloth and then patted dry.
- Hair washing can occur as long as there is no water contact with the nasal splint.

- Your child will have a small incision on the outside of the nose (Columella), with stitches that will be removed in one week.
- There will also be stitches on the inside of the nose that will dissolve on their own.

What activity restrictions should my child have?

- No immersion in water.
- No strenuous activity for two weeks.
- No physical activity that may damage the face for six weeks.
- Do not wear eye glasses or sun glasses without permission from your surgeon.

Are there diet restrictions for my child after surgery?

- No restrictions. Follow a well-balanced diet.

How do I manage my child's pain after surgery?

- The surgeon will recommend a pain reliever for your child. The pain medications should be taken as prescribed by your child's surgeon.

What follow-up care will my child receive?

- Your child will be called for an appointment to return to the clinic for a post-operative check.
- This will be one week after surgery to remove the splints from the nostrils. Bring any questions you have to this appointment.
- If you are unable to keep this appointment, please be sure to call and reschedule.

When should I call my doctor?

- If you have increased swelling or bruising after expected nose operative time.

- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting, increased irritability, or constipation.
- If you have an oral temperature over 100.5 degrees. Check to make sure they are getting enough liquids. Dehydration can cause the body temperature to rise.

Who should I call if I have questions?

- (734) 936-5950, Monday - Friday, 8 a.m. - 4:30 p.m.
- Urgent Issues after hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Oral & Maxillofacial Surgeon on call.

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