

Care Instructions After Rhinoplasty

What can I expect after my rhinoplasty?

- You may have bruising and swelling on your face.
 - You may have slightly more swelling in the mornings.
 - Most of the swelling will go away in 2 weeks. You may have some slight swelling for several months after surgery.
 - Try to keep your head elevated (raised) while you sleep to reduce swelling.
- You may eat your regular diet as soon as you feel able.
- You will have tiny stitches just under your nose. We will remove these at your follow-up appointment.
- You can expect some nosebleeds, or blood oozing from your nose.

How will I take care of my nose after surgery?

- You may have an **internal splint** and an **external splint**. The internal splint is a silicone object that will help keep everything properly in place inside your nose. The external splint is like a hard shell or cast for the outside of your nose that will protect the bridge of the nose.
 - Try to keep the external splint dry so it stays on your nose. If it falls off, please call our clinic.
 - We will remove both splints in clinic at your follow-up appointment.
- You can gently clean any blood or drainage (leaking fluid) from your nose with a cotton swab and a mix of half hydrogen peroxide and half water.
- Don't blow your nose for 2 weeks. You may use a saline spray or bulb syringe to help clear drainage from your nose.

- You may use a humidifier to increase moisture in the air moisture. This helps thin mucous and drainage from your nose.
- Keep the outside of your nostrils moisturized with Vaseline® or Aquaphor®.

What pain medications will I be taking?

- We will prescribe acetaminophen (Tylenol®) and ibuprofen (Motrin®) to help you manage your pain after surgery. You should take these medications around-the-clock (except for when you are sleeping) for about 3-5 days after surgery. **Around-the-clock** means you will take them throughout the day on a set schedule. Take these medications together every 6 hours (for example, you can take your doses of both Tylenol® and Motrin® at 9:00 AM, 3:00 PM, and 9:00 PM).
- We will also prescribe oxycodone for pain control. You should only use this if your pain is not being controlled by the acetaminophen and ibuprofen.

What activities should I avoid after surgery?

- You can shower or bathe 24 hours after surgery, but try to keep your external splint dry.
- Avoid any bending, lifting, or strenuous activity (activities that increase your breathing and heart rate) for 2 weeks.
- Avoid activities that cause pressure in your head, like sucking through a straw or blowing your nose.
- Avoid playing any contact sports (hockey, football, etc.) or anything that might increase your risk of getting hit in the face for 4-6 weeks.

When should I call the Pediatric Plastic Surgery clinic?

Call the clinic:

- If you have any extreme swelling or bruising on your face
- If you have pain that is not going away and is not relieved by your pain medications
- If you have bleeding that has not stopped after 20 minutes of applying gentle pressure to the side of the nose while sitting in an upright position with your head bent forward

What is the contact information for the Pediatric Plastic Surgery clinic?

- Between 8:00 AM - 4:30 PM Monday through Friday, call (734) 998-6022 or send us a message through the online patient portal ([MyUofMHealth.org](https://myuofmhealth.org)).
- For urgent issues after 4:30 PM or on weekends, call the hospital at (734) 936-4000. Ask the operator to page the on-call pediatric plastic surgeon.

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