

DR. WENIGER'S RHINOPLASTY POSTOPERATIVE INSTRUCTIONS

During the first week following your surgery, the major problem to watch for is bleeding. It is normal to expect some dripping from the nose for about 3 days. Any brisk, bright red bleeding is a problem and should be reported to our office immediately. Bruising is expected and will increase over the first 3 days. Fever over 101 degrees F, swelling, or severe redness should be reported to our office immediately.

DO:

- Use saline nasal spray inside each nostril and blow out into the sink (do not touch the nose). Do this every hour.
- Change drip pad (2x2 gauze and paper tape) as needed.
- Sponge bathe only for the first 72 hours (keep incisions dry).
- Unless otherwise instructed, after 72 hours you may shower but keep the external splint on the nose dry.
- Use cool compresses / iced gauze on the eyes every hour for 3 days.
- Keep head elevated at all times to prevent hematoma and while sleeping for a minimum of 7 days. Sleeping in a recliner-type chair is best.
- Take your antibiotic as prescribed until it is gone.
- Take your narcotic pain medicine as needed and always take with food.
- Use Tylenol/extra strength Tylenol when pain tablets run out or are too strong.
- Eat as tolerated. Start with something light then advance diet slowly. Eat plenty of protein and avoid salt.
- Walk every three hours while awake after surgery to prevent blood clots (walk to bathroom, kitchen, around house, etc.) Walk OUTSIDE daily beginning the day after surgery.
- Wear slip on shoes.

DO NOT:

- **Bend over, lean, squat, or plie. Do not lift your foot up to you to put on socks and shoes.**
- Drive until instructed to do so by Dr. Weniger (no patient may drive while on narcotics, if vision is impaired by swelling, or if very sore).
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (may stimulate bleeding). All activities may be resumed after 6 weeks.
- Submerge in any form of water for at least 3 weeks.
- Drink alcohol while on narcotics (causes bleeding) or for one week after surgery.
- Rub nose, sneeze through nose, blow, or otherwise manipulate nose for 3 weeks. Sneeze through mouth only.
- Wet splint on nose. To avoid this, wash hair with head leaning back over sink.
- Eat foods requiring excessive lip movement (corn on the cob, apples) for 2 weeks.
- Restart blood thinners (including ibuprofen, Advil, Aleve for two weeks after surgery).

Your follow-up appointment is _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us
843-757-0123