



DRESSING: You may have a small hard cast on the outside of your nose and hollowed silicone splints on the inside of your nose that will be removed in 7 days. **DO NOT get your cast wet** (including hot steam from the shower and sweat). If your cast falls off for any reason, call our office immediately. The night before or the morning of your day 7 post operative appointment, take a shower and allow warm water to run down your forehead, soaking your cast for several minutes. This will make it easier for staff to remove. A rolled piece of gauze will be taped underneath your nose to catch bloody drainage. You may replace or remove this dressing as needed. It is normal to change the dressing every 15 minutes in the initial hours following surgery; bleeding should decrease over the next 24-48 hours. **Call the office if you are experiencing excessive bleeding as indicated by the gauze becoming completely saturated with blood every 5-10 minutes.** To help stop the bleeding during surgery, a white, gel-like material is placed inside of the nose. If the material comes out, do not attempt to put it back; it does not need to be replaced and can be discarded.

SALINE NASAL SPRAY: Begin using the night of surgery. Spray 1-2 times in each nostril every hour while awake and continue for 1 month. Using saline spray frequently will keep your nose moist and decrease the urge to blow. Avoid sticking anything up your nose, including the applicator tip of the saline spray bottle, Q-tips, fingers, or tweezers.

INCISION CARE: Clean external incision twice a day with a Q-tip soaked in a 50/50 solution of hydrogen peroxide and water. Do not over clean, discontinue cleaning after 3 days. **Do not try to pick off or remove scabs.** After cleaning, apply antibiotic ointment; re-apply as needed throughout the day to prevent incisions from getting dry. Continue using the ointment until sutures are removed. If irritation occurs, you may use Vaseline, petroleum jelly, or Aquaphor in place of antibiotic ointment. Following suture removal, it is important to remember that your incision is still healing. To prevent re-opening, do not rub, scratch, pull, or apply pressure to any of the surrounding skin. Do not apply scar gel or makeup to your incision until it is fully healed, around 10-14 days. For the first year after surgery, use a broad-spectrum SPF 30+ sunscreen containing zinc oxide.

ADDITIONAL EXPECTATIONS/INSTRUCTIONS: Internal swelling may make breathing through your nose difficult. One side may be easier to breathe through than the other. While some patients get improved nasal airflow after a few weeks, some may take longer. *Bruising* usually resolves within 1-3 weeks while *swelling* may take up to 3-6 months. Minor fluctuations in swelling may occur for up to 1 year. Your tip may feel firmer than it did before but will soften over time. It may be positioned slightly higher than you would like; this is intentional; it will lower as swelling improves.

DO NOT allow sunglasses/glasses to rest on the bridge of your nose for 1 month or until your surgeon approves. Avoid anything that increases pressure in your nose, such as bending over. **DO NOT blow your nose** and make sure to sneeze with your mouth open. Use caution around kids, pets, and anything that could hit your nose. Be aware that minor asymmetries may result along the bone and cartilage edges as they are healing; most remain subtle and unnoticeable to anyone other than yourself and your surgeon. Around 5-10% of rhinoplasties require a minor revision to smooth things out. It is important to remain realistic and not expect perfection, focus on the big improvements.