



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

Rhinoplasty Post-Op Instructions

1. Arrange to have someone at home with you during the first **24 hours** post-operatively and have them **review** these instructions.
2. You may shower in 24 hours, but try to keep the external nasal splint dry. Use a washcloth to wash your face.
3. Elevate your head on pillows while sleeping to help with swelling for at least the first week. Swelling is **NORMAL** and may take **6 months to a year** to completely resolve.
4. Use ice to help with swelling for the first 3 days, 20 min on and 20 min off. You may get swelling around the eyes and bruising that may last for 1-2 weeks depending on how much nasal surgery was performed.
5. If you have an external splint on, do not remove it and protect it from getting dislodged.
6. You may have an internal splint in place. They are stitched in place so do not try to remove them. They will be removed at your first follow up appointment 3 days after surgery.
7. Do not blow your nose, as this could dislodge things. Sneeze and cough with mouth wide open to decrease internal pressure.
8. Expect minor oozing and crusting of the incision for the first few days. The oozing should subside in 24-48 hours. Replace the drip pad under the nose as needed to keep clean and dry.
9. Clean the incision under the nasal tip with hydrogen peroxide daily if there is dried crusting. Apply an antibiotic ointment to the incision 3 times a day for the first 3 days.
10. You may experience **moderate pain** for 1-2 weeks. You have been given a prescription for narcotic pain medication to take **as needed**. You may take **1 pain pill every 4 hours or 2 pain pills every 6 hours as needed for pain with food; DO NOT take these with Tylenol**. These medications may make you drowsy. Do not drive a car while taking these. **Do not take Advil/Motrin/Aspirin/Aleve/Excedrin for 3 days. After 3 days, you can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food.** Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease. If you have an internal splint, you will also be given an antibiotic to take for 7 days.
11. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well-balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins.** You may also experience constipation from the pain medication. Try eating high fiber foods and drinking lots of water. You may also use OTC remedies such as laxatives, fiber, stool softeners, or enemas as needed.
12. Do not lay in bed for extended periods of time. Get up and move around every 2 hours to improve circulation. It is important to stay well hydrated.
13. No strenuous activity or lifting over 20 pounds for 1 month.
14. ***** Please have whoever is caring for you read these instructions*****

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call **515-221-9999**, and Dr. Robbins will return your call.