

## POSTOPERATIVE INSTRUCTIONS

### RHINOPLASTY

#### Your return home

You may eat and drink as you like according to your tolerance. Stay well hydrated.

If you feel nauseous or experience vomiting and/or pain, refer to the prescription that was given to you before your surgery and use the appropriate medication.

You will experience headaches and sensations of pressure that should dissipate over the first 24 hours.

You will have a metal splint on your nose which will stay in place for the next 5 to 10 days. Do not hit or bump this area. You must not remove the splint, it will help to resorb the swelling.

You will also notice mesh placed inside your nostrils that prohibit you from breathing freely through the nose. You must breathe instead through your mouth. The mesh has been placed to avoid bleeding and to stabilize the nose. When the mesh is removed, you may start using Salinex.

Refrain from blowing your nose during the 3 weeks after your surgery.

A humidifier may be useful to help reduce dryness in your mouth.

Try to sleep upright in a 45° position for the next 2 days. It is best to remain seated upright rather than lying down.

You may apply a cold compress for a period of 5 to 10 minutes 3 or 4 times per day. This will help diminish pain and swelling. We recommend using frozen peas placed in a Ziploc bag. Avoid applying the cold compress directly to the nose to avoid freezing the skin.

Avoid activities that cause your face to redden or increase your arterial pressure:

- Try not to cough or sneeze.
- Avoid lifting heavy objects.
- Avoid bending over to tie your shoes.
- Do not strain when you use the bathroom.
- Avoid anger or other strong emotions.

You can take a shower 24 hours after your surgery, but avoid getting your nose and splint wet.

You may apply makeup the day after your surgery.

It is preferable to use contact lenses instead of glasses during the next 3 weeks to avoid moving the bones in the nose.

Avoid exposing any bruised areas to the sun until the bruises disappear.

Protect your nose from being exposed to extreme temperatures.

Massages for your nose will be explained after the splint is removed.

It is recommended to avoid physical activity for the next 3 weeks.

For any questions or concerns, please do not hesitate to contact the clinic during opening hours or use the cell phone number given to you in case of emergency.