
RHINOPLASTY / SEPTOPLASTY

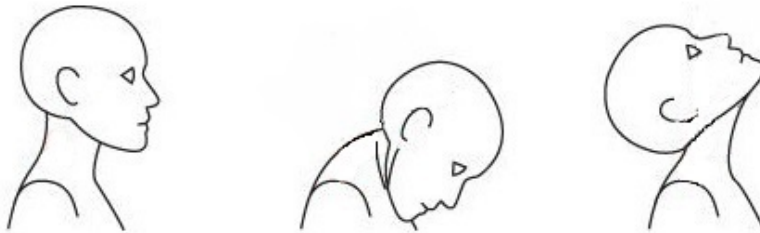
Edina Plastic Surgery, Ltd.

Immediate Postoperative Care

- Sleep in a recliner or reclined like position using pillows to elevate your head and your legs. Keep your head elevated at all times with your neck in a neutral position. Avoid neck flexion and extension (see diagram below).
- No heavy lifting, bending, straining, or other strenuous activities until cleared by your surgeon.
- Limit your facial movements (chewing, talking) for the first 24-48 hours.
- Apply crushed ice packs to the nose and eyes for the first 48 hours (20 minutes on, 20 minutes off).
- Breathe through your mouth while dressings are in place. Do not blow your nose for 2 weeks.
- Do not remove any steri strips, splints, internal packing, or sutures.
- Change the drip pad under your nose as needed. If instructed you may apply bacitracin to external sutures when changing the drip pad. Suture lines may be gently cleansed with peroxide and q-tips.
- You should get up and walk around your home for brief intervals, have assistance when standing and walking.
- You may wash your face and hair with mild soap after the dressing has been removed, be very careful not to pull or tug on any incisions.
- Your first shower will be in 1-2 days (no baths) but you must keep your dressings dry. Sponge bathe only until your first shower. Do not blow dry your hair for one week. Be very careful combing, brushing, or styling your hair.
- Do not drive a car or operate heavy machinery for 3-5 days.
- Eat light bland meals for the first few days. Remain on a soft low sodium diet to decrease swelling. Avoid spicy, acidic, greasy, and fried foods which may upset your stomach after anesthesia.
- Take your pain meds with food to avoid upset stomach/nausea sometimes experienced with narcotics. If you experience any itching, hives, rash, headache or nausea after taking any of your medications, you may be having an allergic reaction to one of them. If this occurs, please call our office and we will change your prescription.

While Recovering

- Be very careful pulling clothing over your head to not bump your nose or pull on incisions.
- No sun exposure is permitted for 4-6 weeks, once incisions have healed always apply sunscreen.
- You may wear make up to disguise bruising on the face and neck, but do not allow the make up to touch the suture line.
- Do not use heating pads, hot tubs or sit in a tanning bed without first consulting your physician. Do not swim in a pool, lake or ocean until incisions have completely healed.
- Following your procedure, your body will need fluid replacement. Attempt to increase your water intake, especially while taking your prescribed pain medication(s).



If you have any concerns or problems, please do not hesitate to call for assistance:
Edina Surgery Center / Edina Plastic Surgery Clinic: (952) 925-1765 or 1-800-965-1765
Member of American Society of Plastic Surgeons

After Hours: (952) 924-8125
[www. Edinaplasticsurgery.com](http://www.Edinaplasticsurgery.com)