



Dr. Jaclyn A Klimczak, MD



Facial Plastic Surgery

Postoperative Care for Rhinoplasty/Septoplasty

WEEK 1

- **DO:** Keep splint as dry as possible. You can reinforce with paper tape. Notify our office if the splint comes off
- **DO:** Sleep on your back with the head of the bed elevated 30-45 degrees. Sleeping alone is recommended for 2 weeks
- **DO:** continue ice compresses as much as possible for three days following surgery. After the first night they do not have to be continued during sleep
- **DO:** take a decongestant if you get a cold. This may decrease drainage; however, it will not improve stuffiness due to swelling for 7 to 10 days. It may cause drowsiness, so do not take it unless needed. Remember Pseudoephed is sold behind the pharmacy counter.
- **DO:** maintain sitting or standing position as much as possible to reduce swelling
- **DO:** rest when you tire.
- **DO:** clean the outside incisions (if they were performed) with peroxide and a Q-tip and apply Vaseline six times a day. You want to minimize crusting over the incision.
- **DO:** wear a mustache dressing (gauze under the nose) as much as needed to catch any drainage. Do apply lipstick with lip brush only
- **DO:** Brush your upper teeth with finger and washcloth. Open mouth if sneezing occurs to prevent pressure build up inside of the nose.
- **DO:** use a humidifier if your nose starts feeling excessively dry

.....**DO NOT**.....

- **DO NOT:** bend over or lift heavy objects. Do not bump or hit your nose
- **DO NOT:** use a straw or any other item that requires the motion of sucking
- **DO NOT:** tweeze nose hairs

- **DO NOT:** sniff or forcefully breathe through your nose

DO NOT: Blow your nose for 10 days. After the 10th day, you may blow both sides of your nose at the same time only

- **DO NOT:** put anything in your nose unless specifically directed to do so. Do not wipe nose with a Kleenex or handkerchief, use the drip pad only and allow mucus to drain
- **DO NOT:** grin or smile excessively. Avoid foods that require you to open your mouth widely
- **DO NOT:** eat chewy foods for one week
- **DO NOT:** engage in any exercise for two weeks.
- **DO NOT:** engage in contact sports for six weeks
- **DO NOT:** use any nose sprays outside the ones discussed and recommended by your surgeon

WEEK 2

- **DO:** apply Vaseline inside the nostrils and pressed nostrils together if crusting occurs.
- **DO:** wash the outside of your nose with mild soap and a cotton ball

.....**DO NOT**.....

- **DO NOT:** wear glasses directly on the nose. This could permanently disfigure the nose. Suspend glasses with tape or cheek pads for at least six weeks.
- **DO NOT:** engage in contact sports for six weeks



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PLEASE REPORT TO THE CLINIC OR CALL IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS:

1. Temperature elevation
2. Sudden swelling or discoloration
3. Excessive Bleeding
4. Discharge from the wound edges or other evidence of infection
5. Development of any drug reaction
6. Severe Pain not responding to pain medications

REMINDER: Your nose will retain some swelling for several months. The final result may not be apparent for a year or more, so please be patient

Telephone: (561) 939-0900

I certify that I have been given a copy of these instructions

Patient name: _____

Relationship to patient: _____

Patient Signature: _____

Date: _____ **Time:** _____

Witness: _____

Date: _____ **Time:** _____