



Rhinoplasty Post-op Instructions

1. NO ASPRIN, MOTRIN, ADVIL, or IBUPROFEN.
2. Do not expect to breathe through your nose until the splints are out, one week after surgery.
3. You may have an external dressing. Leave this in place for 7-10 days unless otherwise instructed by the staff.
4. There may be extensive bruising around the eyes and cheeks, this is not uncommon and will resolve with in 7-10 days.
5. There may be bloody discharge from your nose for the first several days. You will need gauze to place under your nose for the first day or two after surgery.
6. It is not uncommon to change the dressing 10 times during the first 24 hours following surgery.
7. If you have profuse bleeding from your nose spray 2 puffs of Afrin up each nostril. You may do this every 15 minutes until the bleeding stops. If it continues for more than one hour call the office at (334)702-6900.
8. Nasal Saline spray will be required after surgery. This is available at any pharmacy and does not require a prescription. Spray 2 puffs up each nostril 4-6 times per day for the first week following surgery.
9. After the splints are removed the nasal saline spray will need to be used 4 times a day until instructed to stop by the doctor.
10. Activities after surgery is as tolerated, but avoid contact sports and lifting object that weigh over 10 pounds for the first two weeks.