



Post Operative Instructions

RHINOPLASTY

1. **DO NOT TAKE ASPIRIN.**
2. Please take all medications directed.
3. Change "dribbler" pad under the nose when it becomes moist with blood. **REMEMBER, YOU HAVE TO BREATHE THROUGH YOUR MOUTH.**
4. Lie and sleep with your head elevated on three pillows.
5. Apply ice packs to your forehead, and cold moist packs to your eyes, regularly: especially for the first 48 hours, eg. for 20 minutes every 1 – 2 hours. **No pressure to the nose or splint.**
6. Apply Vaseline on the stitches at the base of the nose (if present) two times per day.
7. Avoid bending down. Keep your head up at all times.
8. **Don't** get hot with exercise, hot showers etc as this may cause bleeding.
9. **Don't** blow your nose or sneeze.
10. If you have excessive bleeding (other than spotting), persistent headache, or a temperature above 38°, please let Dr. Knox know.
11. Packs in the nose (if present) are usually removed 2 days after surgery. Clean ½ - 1 cm inside the nostrils with a moist cotton bud, and after this apply a thin layer of Vaseline inside the nostrils with a separate cotton bud.
12. Please make an appointment to see Dr. Knox as advised.

Other:

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