

Post Operative Instructions

RHINOPLASTY

1. Please take all medications as directed
2. Always clean your hands before touching or caring for your wounds
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 eyes regularly, especially for the first 48 hours
6. Keep the dressings on your nose dry and intact
7. Clean around the stitches on the skin of your nose with cotton tips wet with water. **Don’t** put cotton tips inside your nostril
8. Take your antibiotic tablets as instructed
9. **Don’t** blow your nose or sneeze
10. **No exercise**
11. If you have excessive bleeding please let us know
12. If there is excessive redness or irritation with your wound/s, or signs of infection, or if you develop a fever above 37.5°, please telephone our rooms on the numbers above. If you are unable to contact us at the rooms, please telephone the after hours number instead

Follow up appointment:

at: Kogarah Rooms Miranda Rooms

If you have any questions or concerns, please contact us on one of the numbers above.

