



SOLOMON FACIAL PLASTIC

RHINOPLASTY POST-OPERATIVE INSTRUCTIONS

The following post-care instructions are essential to helping you achieve optimal results. Please read our instructions carefully. We encourage you to call or email our office if you have any questions. 905-764-7799 or officestaff.solomon@gmail.com

BLEEDING

- Post operative bleeding is expected. We prescribe tranexamic acid to be taken post-operatively to minimize bleeding.
- A moustache gauze has been taped beneath your nose. Change the gauze when it becomes saturated with blood. Remove the gauze once bleeding has stopped. Bleeding should stop within 48 hours. If bleeding doesn't lessen or gets worse. Call our office immediately or go to your nearest hospital if after hours and you are experiencing a steady stream of blood.

SWELLING

- Swelling and bruising is normal and to be expected around the eyes and cheeks, and can vary from patient to patient.
- Swelling can make the splint look crooked and the nostrils look asymmetrical. This is temporary and does not affect the outcome and shape of your nose.
- Drink lots of fluid, minimize salt intake, take bromelain and/or arnica.
- Your nose will look swollen once the splint is removed but it will lessen in the coming weeks. The tip takes the longest.
- 50-80% of the swelling resolves by 8 weeks post-op.
- 100% of the swelling resolves 12-18 months post-op.
- Thick skin can take longer to heal.
- Cortisone injections may help reduce inflammation in thick skin, every 4-6 weeks post-op. (included)
- No glasses on your nose for 4-6 weeks.
- The nose tip may look upturned or "pig like" after surgery; the tip is expected to drop in the coming weeks.

MEDICATION

- Begin taking your medication 2-3 hours after returning home, unless otherwise indicated by your discharge nurse.
- Take your anti-biotic and pain medication 2 hours apart to avoid nausea.
- If the pain is mild to moderate, you can take Tylenol or Extra-Strength for pain.
- Be sure to take a pro-biotic when taking your anti-biotic.
- If you develop a rash, stop taking the medication and contact our office.
- Your throat may be sore from the intubation, drink lots of fluids, gargle with salt water and use lozenges.

SLEEPING

- Sleep elevated on 2-3 pillows to minimize swelling.
- Use a travel pillow to prevent rolling over while sleeping.
- Getting a good sleep is essential to healing so be sure to make yourself as comfortable as possible.
- You may want to use an old pillowcase to avoid soiling from blood and ointment.

BREATHING AND SNEEZING

- You will feel congested for the first week after your surgery and will feel relief once the splint is removed.
- Cleaning your nose diligently will give you relief.
- Avoid sneezing for 4 weeks after surgery. If you feel a sneeze coming, open your mouth and tickle the roof of your mouth with your tongue to help it pass.
- Avoid blowing your nose.
- Some patient experience a sore throat after surgery from the intubation. Lozenges may be used to ease the pain.

EATING

- You may eat what you like when you return home from surgery.
- Smoothies, yogurt and soft food may be more palatable the first day.
- Be sure to drink lots of fluid.
- Yogurt is recommended to replenish the good bacteria in your gut when taking an anti-biotic.

CLEANING

- **MUST START CLEANING THE MORNING AFTER SURGERY**
- Cleaning your nose is essential.
- Soak a Q-tip in hydrogen peroxide and gently clean any dried blood around the inner and outer base of the nostrils. The peroxide helps breakdown the blood to clean the nose. Clean with peroxide morning and night. DO NOT use peroxide unless there is dried blood as it can irritate the incision site.

- Next, **MUST** use the nasal spray, 2 sprays per nostril, (4-times per day) by gently placing the nozzle at the inner base of the nostrils. Lean over the sink while using the nasal spray to help rid your nasal passage from any dried blood.
- After rinsing your nose, you **MUST** apply a generous amount of Polysporin, Nasal gel or Vaseline to the inner nostrils 4 times per day.
- Once your splint is removed, you may continue using nasal spray if needed.

PHYSICAL ACTIVITY

- Do not lift anything over 10 pounds for the first 4 weeks, or bend over.
- 3 weeks post-op you may begin moderate exercise.
- 4 weeks post-op you can return to your regular exercise routine.
- 4 weeks you can resume intimacy.
- 6 weeks post-op you can resume swimming, saunas, hot tubs.
- 8 months post op you can wear a ski mask or scuba diving mask.

SPLINT REMOVAL

- Splint Removal is 7-10 days following your surgery. Do not get splint wet. You may have tape on the end of your nose that is loose. Do not remove it, clean as best you can.
- In closed rhinoplasty, both permanent and dissolvable sutures are used.
- Dissolvable sutures fall out on their own between 1-3 months. These sutures are white. Do not pull or cut them.
- In open rhinoplasty, external sutures are removed 7-10 days post-op.
- If you develop suture irritation / inflammation, stop using polysporin and use vaseline.
- If you have internal splints, only clean with hydrogen peroxide and polysporin, nasal spray is not required.
- Dr. Solomon recommends taping the nose following splint removal as part of his post-care protocol, however patients are not required to do so.
- Apply tape for 24 hours for the first time after splint removal. Then apply at night only for 2 months.
- A callous may form where a dorsal hump once was in the months following rhinoplasty. This may resolve on its own while the nose heals. Asymmetrical nostrils may also come and go over many months.

TRAVEL

- Travel is permitted 48 hours after surgery, however you may want to wait until the splint is removed.
- If you are travelling from another province for your surgery, you can have your splint removed back home by a nurse or doctor with experience in splint/suture removal.

MAKEUP AND SUNSCREEN

- Do not apply make-up for 4 weeks. Sunscreen can be applied 2 weeks post-op.
- Avoid direct sun on your nose for one year. Always wear sunscreen and a hat.
- The nose may be numb for many months and you may not feel it burn with direct sun.

SUPPLIES FOR HOME

- Q-tips, Hydrogen Peroxide, Polysporin Ointment, 4x4 Gauze Pads, Surgical Tape, Hydrosense Nasal Spray
- Tylenol, Arnica, Ice Packs, Travel Pillow

IF YOU EXPERIENCE ANY OF THE FOLLOWING

- If you develop a rash, persistent fever, chills or sweating.
- If you notice a foul odour or yellow drainage coming from the incision sites.
- If you experience severe nasal or throat pain, that is *NOT* controlled with Tylenol.
- If you experience persistent bleeding that *does* not lessen or gets worse
- Persistent vomiting and inability to drink liquids for greater than 4 hours.
- Shortness of breath, chest pain, weakness or numbness in the face or limbs.
- Contact Dr. Philip Solomon directly at: info@solomonfacialplastic.com OR call our office: 905-764-7799 OR email our office: officestaff.solomon@gmail.com

IF WE ARE NOT ABLE TO BE REACHED, PLEASE GO TO YOUR NEAREST HOSPITAL EMERGENCY FOR ASSESSMENT

- Please notify our office, of any unexpected admission to the hospital within 10 days of your procedure.