

**RHINOPLASTY/NSR  
POST-OPERATIVE INSTRUCTIONS**

1. You may complain of a headache or an aching sensation in the nose. You may use pain medication or Tylenol to alleviate the pain.
2. Apply cold compresses or bags of frozen veggies on eyes across the bridge of the nose as often as you can for 36 hours following surgery. The more you ice the area the more effective it will be. Do not use ice packs they can be too heavy.
3. You will have a small gauze pad taped under your nose (mustache dressing) to catch any bleeding that may occur. This is due to the fact that Dr. Churchill does not pack the nose. You will need to change the dressing as needed. If you are changing the dressing several times within an hour please call the office with further instructions. We will provide gauze and tape. This usually subsides within 24 hours.
4. If you have bleeding that you are concerned about contact our office immediately.
5. We may or may not see you the morning following surgery. Dr. Churchill will determine the day of surgery. We will clean your nostrils of any dried blood. You may clean your nose at home. This should be done by gently swabbing the crusted area inside your nose with a Q-tip and warm tap water.
6. You may shower the day after surgery, the splint can get wet, but avoid soaking the splint. No swimming. The nasal splint will be removed in 5-7 days.
6. When the splint is removed you will view the new shape of your nose. However, the swelling will remain through the tip and perhaps the bridge of the nose. The doctor may inject the area with a steroid called Kenalog to help decrease the swelling in weeks to come.
8. Breathing may be difficult through your nose for several days or weeks. This is due to swelling of the septum and nasal bones. You may use Sudafed tablets and/or Afrin nasal spray to relieve this. (Only use the spray for approximately four days.) You cannot blow your nose for one week after surgery. After that you can but you must gently blow both nostrils at the same time.
9. Keep your head elevated at least 45 degrees while sleeping on your back for about a week. No heavy lifting, bending, stooping or exercising until the doctor says you can resume. Light walking is ok. Typically About 4-6 weeks.
10. You may wear glasses or sunglasses while the splint is in place. After the splint is removed avoid wearing heavy glasses this could cause ridges in the side of the nose. You may want to tape your glasses to your forehead to help prevent this. Contacts

can be worn as soon as the swelling goes down in the nose/eyes and you can place your contacts in comfortably.

- 11.** Contact sports should be avoided 6 weeks following surgery. The nasal bones will have healed at that point. Please advise us regarding contact sports so that the doctor can discharge you for 6 weeks.
- 12.** Once the swelling is reduced you may be able to feel some irregularities in the nasal bridge. This is a normal part of healing of the underlying bone and cartilage. This can rarely be seen.
- 13.** Once your splint is removed, you will need to wear it at night for 6 weeks. Place it as close to the tip as you can. It may be difficult to get your splint on because of swelling. Just apply a few pieces of tape over it to hold it in place.
- 14.** You will see changes in your nose for approximately one year after surgery.
- 15.** Apply sunscreen to the nose for 3-6 months after the surgery to avoid sunburn.
- 16.** Refrain from smoking after the surgery this may cause the tissue not to heal properly.

Please contact our office with any question or concerns you may have at (847)304-1000. The office hours are Monday - Thursday 8:00 a.m. - 4:00 p.m. If it is past these hours the answering service will contact our nurse Maureen.