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POSTOPERATIVE INSTRUCTIONS- RHINOPLASTY

- Take medications as prescribed
- Do not take any aspirin or alcohol for at least two weeks following surgery.
- Rest with your head elevated on two pillows.
- No exercise, heavy lifting, or strenuous activity.
- Iced compresses should be used for the first 12 hours.
- Do not disturb your splint or packing. Do not blow your nose!
- Change your drip pad as needed.
- Expect minor discoloration around your eyes.
- Avoid bending, lifting, or strenuous activity.
- Use a Q-tip dipped in a solution of 1/2 water and 1/2 peroxide gently wash inside nose by twirling the Q-tip. Apply Bacitracin ointment using another Q-tip.
- Expect some stuffiness. Use oral decongestants only as directed by your physician. Do not use any type of nasal spray other than saline spray
- Avoid sun exposure for 6 months following the surgery.
- Do not wear glasses for 3 weeks
- Avoid airline travel for at least two weeks.
- Remember that you will not see the final result of your surgery for at least 6 months-1 year. The skin swelling progressively diminishes during this time, allowing you to see refinements in your nasal shape, especially the tip.
- You will be demonstrated techniques to hasten the resolution of the skin edema (swelling) during your third postoperative visit with Dr. Rosenberg