

BEVERLY HILLS WELLNESS SURGERY CENTER, LLC
RHINOPLASTY / NASAL SURGERY POST OPERATIVE INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery. Sleep with your head elevated for 2 days after surgery.
2. Early ambulation is important after surgery; you may start walking lightly 1 day after your surgery.
3. You may go to the bathroom with assistance as needed.
4. Take your medications according to the specific written instructions that have been provided.
5. You can expect the following:
 - Mild bloody drainage from your nostrils. A gauze dressing may be placed underneath your nose and may need to be changed the first day. Q tips may be used to gently clean the incisions.
 - Difficulty breathing through your nose.
 - A nasal splint / cast will be placed after surgery and removed on postop day 6 or 7, along with the sutures.
 - Moderate swelling of the nose and lower eyelids.
 - Bruising and swelling around the lower eyes.
 - Avoid blowing your nose for 2 weeks after surgery.
 - Swelling of the nose, which will take several months to resolve completely.
 - The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.
6. **You can shower 24 hours after surgery**, taking care not to get the splint wet.
7. Avoid any heavy lifting (greater than 10 pounds), strenuous exercise, pushing for 2 weeks after surgery. After this, you can gradually increase your activity and return to full activities with no restrictions after 3 weeks.
8. Avoid direct sun exposure / tanning of the incision(s) for several months after surgery.
9. A liquid diet is recommended for the first day progressing to a regular diet over the first 24 hours.
10. Do not drive a car until your physician has given you permission to do so.
11. Avoid smoking and alcohol for 2 weeks after surgery.
12. Contact our office at (310) 385-9623 if you experience any of the following:
 - Severe pain not responding to the pain medication.
 - Marked or severe swelling of one or both sides of the face / forehead, fevers, chills, or excessive bleeding that does not resolve with mild pressure.
 - Shortness of breath, chest pain.

Patient Signature

Date

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