

Augusta Plastic Surgery Associates  
Dr. Chris Ewart  
Rhinoplasty Post-Operative Instructions

**Activity:** For the first 24 hours, rest is absolutely necessary. Sleep in a recliner if possible or with your head elevated on several pillows. You *will* need to move about the house to promote circulation in your legs, for example, getting up to go to the restroom or kitchen.

Do not blow your nose, forcefully inhale, insert anything into your nose, or bend forward. Do not pinch or push your nose in an attempt to decrease drainage.

**Dressings:** Do not remove any nasal splint, packing or steri-strips until instructed to do so. If a drip pad is taped under your nose, you may replace that as needed. Swelling and bruising around the nose and eyes is common. Ice packs to the cheeks and forehead will help with this. Never lay ice directly on the nose. The bruising will last 10-14 days. The majority of the swelling will subside over the next several weeks.

**Showering:** You may bathe after 24 hours, but should not get your nasal dressing wet. You may need assistance shampooing your hair to avoid bending your head forward.

**Postoperative Office Visits:** Your first post op visit will be within 7-10 days of surgery. During this appointment your splints will be removed. You may want to take pain medication prior to this visit. If pain medication is taken, please have someone drive you to your appointment.

**Driving:** This should not be resumed until it is comfortable to move your head without any restrictions from pain or swelling. It is also not permitted as long as you are taking ANY prescription pain medications.

**Complications:** Please contact our office immediately if drainage becomes profuse or has a foul odor. Avoid aspirin and anti-inflammatory products until instructed by your physician.

**Exercise:** During the first postoperative week, activity should be kept to a minimum. Always keep your head elevated and do **not** bend over. Over the following weeks exercise may be gradually increased. However, strenuous activity should be avoided as it may increase swelling and compromise the final result.

**Eyewear:** You will be notified by your physician when it is okay to resume wearing glasses/sunglasses.

Not all patients heal alike. If you have any questions or concerns during your recovery, please contact the office at 706-724-5611.