

POST-OPERATION INSTRUCTIONS

Rhinoplasty

Post-Operative Instructions:

1. Take your medication as prescribed. The pain medicine may cause constipation so eat a lot of salad or fiber and take the laxative of your choice if necessary.
2. The sutures will be removed by Day 4 on the **3rd Floor** (Surgical Suites). The tapes will be removed at the same time. Place a small amount of polysporin on the incision twice daily with a Q-tip until the sutures are removed then STOP. You may experience some dripping of blood from the nose for the first 2 days following surgery. If you are concerned or it seems excessive, call the office 416 921 7546 or the OR at 416 961 6044.
3. Do not blow your nose for 2 weeks or pull at the sutures and incisions. The swelling will start to resolve after the first 3 to 5 days and improve quickly in the first month. The tip of the nose may be numb for 3 to 6 months. You will be instructed when you can put pressure on the nose and begin vigorous activities (usually at 2 weeks). Your nose breathing may be decreased in the first few weeks to months.
4. Light activity such as walking is encouraged after your surgery. Do not lie still for long periods of time – as you increase your risk of developing a blood clot in the legs. When lying down, have a pillow under your knees.
5. If you smoke, reduce the amount as much as possible two weeks before and two weeks after surgery.
6. As part of your post-operative care you will need to book for GentleWaves treatments twice a week for the first month- this is a light therapy that takes a minute or two and will improve the rate of wound healing.
7. If you have any concerns please do not hesitate to call the office immediately.
8. Take the nutritional supplements which help with wound healing and speeds up your recovery.