



## POST OPERATIVE INSTRUCTIONS FOR RHINOPLASTY / SEPTOPLASTY SURGERY

- Head Position:** Try to maintain your head elevation at an angle of 15-30 degrees whenever lying down for the first week after your surgery. The use of a recliner chair for sleeping is ideal. You need to maintain your head above your chest level as this will help limit the amount of bruising and swelling.
- Dressing:** **Do not** remove the nasal splints. These will be removed at our office a week after your surgery. Your nasal passage may be blocked, and you can expect some blood-tinged drainage for several days. It is helpful to wear a drip pad (gauze) under your nose to absorb the drainage and change it as needed.
- Ice:** To limit swelling and bruising, place ice packs (crushed ice in Ziploc bags) over the eye lid and cheek areas for the **first 24 hours**. Ice for approximately 15 minutes every two hours **while you are awake**.
- Medication:** Take all prescribed medications as directed. Narcotic pain medications should be taken if absolutely needed, and should be taken with a light meal. After the first week you may take Advil for pain and to help in the reduction of swelling.
- Vitamins:** Use of certain vitamins is recommended while certain vitamins should be avoided. (A list of vitamins and products to discontinue is provided in your folder). Starting 5 days prior to your surgery, start taking **Vitamin C** 500 mg twice daily, **Vitamin K** 100 mcg twice daily, and **Arnica Montana (see directions in package)** You can purchase any of these products from Mother's Market, Whole Foods or specialty markets. Continue taking for at least 5 days after your procedure.
- Bathing:** Wash your hair the day before surgery. After your surgery, ask Doctor Sadati when you can wash your hair. **The day of your one week appointment, be sure to get your splint wet, running water over the splint in the shower - doing this will loosen the tapes for easy removal.**
- Nasal Care:** One week after surgery start using Ocean Spray (saline solution) spray the solution 3-4 times a day in each nostril. In the morning and at night gently rub antibiotic ointment in the nostrils using a Q-tip.
- Make Up:** You can start applying facial cosmetic make up once the splint is removed. A mint green cover-up stick followed by flesh tone foundation will cover most bruising (look for it in the pharmacy's cosmetic section)
- Smoking:** Smoking will delay your ability to heal. You should not smoke 2 weeks before, and 2 weeks after your surgery. Smoking hinders your circulation and wound healing abilities. **Nicotine patches are OK to use** up to 2 days prior to your surgery.
- Clothing:** **Do not** wear pullover clothing for two weeks after your surgery (you may hit your nose while changing your clothes) preferably wear a button-up or zippered top.
- Sneezing:** **Do not** sniff or blow your nose for the first two weeks after your surgery. Avoid sneezing, if you need to sneeze, do so with an open mouth.
- Eye Wear:** Contacts may be worn the second day after surgery. Eyeglasses may be worn over the nasal splint. After your splint is removed **do not** allow your glasses to rest on your nose for the first 4 weeks, as this can change the final contour of your nose – try taping your glasses from the forehead.

**Please report any of the following to our office:**

- Excessive pain or bleeding
- Rash
- Fever above 100 degrees by mouth
- Excessive swelling, bruising, fatigue or depression

Please call our office at 949-706-7776 during business hours Mon-Fri 9:00am-5:00pm.

**If you have any of the above symptoms, and it's after hours, please call Dr. Sadati at (949) 200-3808.**