



Thomas T. Jeneby, M.D.
7272 Wurzbach, Unit 801
San Antonio, TX 78240
Office (210)270-8595
Fax (210)270-8988

POST-OP INSTRUCTIONS FOLLOWING RHINOPLASTY

After the surgery, you will have a small metal/plaster splint taped to your nose. You may experience some discomfort due to the packing in your nostrils, which is usually removed after 1-3 days after surgery. A gauze pad will be placed across your nostrils to collect any blood or drainage that oozes from your nose. You must breathe through your mouth until the packing is removed. Change the drip pad under your nose as often as needed. Expect a bloody discharge for 2-4 days or longer. There is some pain and usually a headache, which is easily controlled by medication.

1. DO NOT BLOW YOUR NOSE OR SNEEZE THROUGH YOUR NOSE FOR 2 WEEKS. It is all right to sneeze through your open mouth.
2. No driving for 1 week and or while on narcotics.
3. Elevating your head and applying cold compresses to eyelids will aid in reducing swelling and bruising. (To make cold compresses, fill a clean basin with ice and soak the gauze sponges until chilled. Apply gently to the eyelids for the first two days following your surgery. You may place crushed ice in a bag over the gauze to keep cool. Be careful not to get the splint wet.)
4. The splint will stay in place on your nose until your first office visit, approximately 5-7 days after surgery.
5. Use Vaseline petroleum jelly on a Q-tip to loosen crusting around the nostrils. Do not insert the Q-tip or anything else inside the nostril.
6. You may wash your face and hair with your back to the shower. Avoid getting the bandages wet if possible.
7. Avoid bending forward, which can increase pressure of the upper body.
8. The first two weeks following surgery get plenty of rest. Minimal activity only! Gradually increase your activity to back to normal, except for contact sports, which should be avoided for six weeks. No swimming or jogging for 3 weeks. No diving for 6 weeks.
9. Do not hesitate to take pain medication prescribed if needed. Tylenol may be sufficient.
10. A liquid diet is best the day of surgery. Begin by taking liquids and progress to soups or jello. You can start a regular diet the next day.
11. You will be black and blue around the eyes and swollen for about two weeks.
12. The Nose shape will go through it's biggest change in the next two weeks, but will take 6 MONTHS to 1 YEAR to be in its final shape.
13. Make-up may be worn after the splint is removed, six to seven days following the procedure.
14. Try to avoid direct sunlight on the operated area for six months, if you need to be out in the sun use a SPF 30+ on the incision sites.
15. Do not get bumped in the nose, bend over or strain. This can cause bleeding.
16. **If you have any concerns please do not hesitate to call the office 210.270.8595**