

RHINOPLASTY: IMMEDIATELY AFTER SURGERY

1. **REST:** When you arrive home, be prepared to rest in bed for the first 48 hours after surgery. Use 2 pillows under your head. If you feel nauseated, lie on your back and remain still. Any sensation of nausea should pass by the morning after your surgery. If you are not nauseated, you may eat lightly and drink to replenish your body fluids. You may go to the bathroom with assistance as needed. You will feel heaviness around the eyes, and you may have a headache or feel as if you have a bad cold. If you feel fine, light activity will not harm you. Keep your head upright as much as possible. If you bend down, bend from the ankles, knees and hips; do not drop your head.
2. **MEDICATIONS:** Take the antibiotics and pain medication prescribed by Dr. Zevon according to the pharmacy instructions. Don't take pain medication on an empty stomach, as it may cause nausea and vomiting. Have another adult give you the pain medication at the correct intervals and/or keep written records of how much you take and when you take it. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics. Do not drive while taking pain medication.
3. **WHAT TO EXPECT:** You may have A) an initial nosebleed for about 4 hours; B) moderate discomfort; C) swelling and bruising (black and blue discoloration) peaking on the second or third day after surgery; and D) bloodshot whites of your eyes. Bruising and swelling will substantially improve over 2-3 weeks, and subtle swelling will continue to improve for 6 months to 1 year after your surgery.
4. **CALL DR. ZEVON** if : A) you have severe pain not responding to pain medication; B) you have prolonged profuse bleeding (soaking more than 5 gauze pads per hour after 4 hours); any other question or problem arises. **DON'T TAKE CHANCES!** During office hours, call (212) 496-6600. After hours, call (917) 612-3800.
5. **CONTACT LENSES & GLASSES:** You may wear contact lenses after surgery as soon as you are comfortable putting them in. If you wear glasses, we will show you how to tape them to your forehead. Do not wear glasses or sunglasses resting on the bridge of your nose for 4 weeks.
6. **CLOTHING:** For the first week after your surgery, do not wear tops that pull on over your head.
7. **DIET:** Eat soft foods requiring little or not chewing and plenty of liquids. Avoid very hot foods or liquids. Avoid prolonged chewing, and hard or tough foods.
8. **ACTIVITY RESTRICTIONS:** For 2 weeks, do not blow your nose if it is dripping. Wipe or dab your nose gently with tissues. Avoid smiling, grinning and excessive facial movements for 1 week. Avoid lengthy conversations and social activities for 10 to 14 days. If you have children or pets, it is best to stay away from them so they won't bump into your nose. Avoid extreme physical activity. Sleep on your back. Obtain more rest than usual. Avoid the sun and heat for 6 weeks after surgery. Heat may cause your nose to swell. Do not swim for 1 month. You may drive a car with power steering after 1 week, but do not drive while taking pain medication. Do not smoke for 2 weeks after your surgery to prevent coughing and possible bleeding. Do not drink alcohol for 10 days after surgery, or while you are taking pain medication. The combination of pain medication and alcohol is dangerous.
9. **DRESSINGS & HYGIENE: USE COLD COMPRESSES TO CONTROL SWELLING BUT DO NOT USE HOT OR WARM COMPRESSES!** If you have a dressing under your nose, change it as needed. The nasal splint stays on for about 1 week until removed by Dr. Zevon. You may wash your face, but be careful to keep the dressings and the splint dry. Take tub baths until the dressings are removed. You may brush your teeth gently with a soft toothbrush. Avoid manipulation of your upper lip. After Dr. Zevon removes your nasal splint, you may gently clean the skin of your nose gently with mild soap or cleansing lotion and clean your nostrils using a moist Q-tip. Don't be concerned if your nose, eyes and upper lip show some swelling or bruising when the splint and dressings are removed. This is normal. Do not wash your hair for 1 week unless someone can do it for you in the face up position, keeping your dressings dry. When Dr. Zevon removes your dressings, you may wear makeup.
10. **HERBAL REMEDIES:** Some patients report that arnica contributes to a reduction in bruising or swelling, resulting in reduced discomfort and edema, and improved healing. Ask us if you wish assistance in locating a source of arnica. Take arnica orally according to manufacturer's instructions on the packaging.
11. **POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Zevon as scheduled after surgery. Your first post-operative appointment is scheduled for _____.

SIGNATURE OF PATIENT OR GUARDIAN

DATE