

Post-Operative Instructions for *Rhinoplasty*

Before Surgery

- Do not take any ibuprofen containing products for 2 weeks prior to surgery. Acetaminophen/Tylenol is safe.
 - Wear comfy clothes, wear a shirt that buttons down the front so it is easy to get on/off.
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After Surgery

- Keep your head elevated on pillows, be careful bending down.
 - Icing the cheeks can be helpful, do not put pressure on the face.
 - Gentle movements of the head/neck to prevent bleeding.
 - Showers are allowed, no swimming/baths/sauna/steam.
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Activity

- Do not lift anything >5 pounds.
 - Keep your head up, do not bend down.
 - No makeup for 2 weeks. No heavy exercise (straining/sweating) for 6 weeks.
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Medications

- Take acetaminophen and ibuprofen for pain. Take the oxycodone for severe pain.
 - You do not need any additional antibiotics.
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What To Expect While Healing

- Bruising is normal, this will be better in 1 week and usually gone by 2-3 weeks.
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Follow-Up

- You will see Dr. Clain 1 week and 2 weeks after surgery. If you do not have an appointment, call his secretary.
- It will take 6-12 months to see your final result.