

Rhinoplasty Postoperative Instructions

The splint is attached to the bridge of the nose and will be in position for about one week. Patients undergoing an open-rhinoplasty will have sutures removed at 5-7 days from the skin column between the nostrils (the columellar).

Sterristrips™ will be applied across the bridge of the nose for the second post operative week. In some patients there will be a suture within the nasal cavity that I will remove at two weeks.

Using a cotton-wool-bud Bactroban™ or Poly-Fax™ ointment should be applied to the incisions to prevent crusting

Please do not pick any crusts away

Patients can carefully shower from the second day provided the cast and tape is kept dry.

Activity is limited for the first week, heavy lifting, laughing, crying and exertion should be avoided. For two weeks do not blow your nose. (Mucous can however be sniffed back into the throat.)

Alcohol, and non-steroidal anti-inflammatory drugs (Nurofen and Voltarol) should be avoided for one week.

There will be some bruising and swelling after surgery. The final results are not visible for two years. If any revision surgery is needed it is in most cases delayed until one year after the original surgery.