



# Rhinoplasty Aftercare Instructions

## A brief overview of post-rhinoplasty care

### Supplies to Have After Splint Removal:

- Saline nasal spray (Arm & Hammer Simply Saline, Ocean Nasal Spray)
- Nasacort or Flonase nasal spray (for patients with allergies)
- Q-tips
- Hydrogen peroxide
- Bacitracin or Bactroban ointment (prescription)

### Supplies Provided at First Post-Op Visit:

- RhinoShield silicone nose guard (for patients with glasses)
- Steristrips - you will be instructed how to apply
- Bacitracin or Bactroban ointment

## Nasal Hygiene:

### Before First Post-Op Visit:

- Mix 1 part hydrogen peroxide and 1 part water. Use a Q-tip to gently clean the inner nostrils, rotating the Q-tip. Do not insert past the cotton tip.
- Clean any blood-like crusting on alar rim sutures if needed. Refrain from over-cleaning the alar base.
- Apply Bacitracin/Bactroban ointment to the inner nostrils, rotating the Q-tip in a circular motion. Do not apply to alar base sutures.
- If the splint falls off prematurely, reapply with tape. A fallen sling will not affect results if reapplied promptly.

### After Splint Removal:

- Continue cleaning the inner nostrils as needed with hydrogen peroxide/water mix.
- Use saline nasal spray 8-10 times daily. Use sparingly.
- Use Nasacort/Flonase nasal spray 2 puffs per nostril morning and night for 6-8 weeks if you have allergies.
- Wear and reapply SteriStrips for 2-3 weeks, changing every 5-7 days. You can shower and wash your face normally.

# General introduction after Rhinoplasty surgery

## Essential aftercare instructions for rhinoplasty surgery:

- Head elevation is significant to minimize swelling and bruising. Sleep with your head elevated on 2-3 pillows for the first week. Avoid bending over or any strenuous activity.
- Ice packs can be applied gently to the eyes and cheeks for 10 minutes on and 10 minutes off as needed to reduce swelling and bruising in the first 48-72 hours. Do not put ice directly on the skin.
- Bruising and swelling peaks at days 3-5 and will gradually subside over the next 10-14 days. Use makeup to conceal bruising when going out in public after day 5.
- Take all medications as directed for pain and antibiotics. Use a saline nasal spray frequently to keep crusting to a minimum.
- Do not blow your nose forcefully for 2 weeks after surgery. When sneezing, open your mouth. No strenuous activity, bending over, heavy lifting (>5lbs) for 2 weeks.

- Sleep on your back with your head elevated until the cast comes off at 1 week. Then you can sleep on your side. Do not sleep face down.
- Eat a soft, bland diet for the first few days. Avoid hot, spicy, or salty foods. Drink plenty of fluids.
- You may shower after 48 hours, but avoid getting the splint or dressing wet.
- Wear sunscreen and a hat when going outside after the cast comes off after 1 week.
- Return to work in 7-10 days for a sedentary job. Take 2-3 weeks off for physical work.
- Avoid any contact sports or strenuous activities for 6 weeks.
- Schedule follow-up appointments as directed to monitor healing. Call your surgeon if you have any concerns.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline:+989030549050

General Inquiries: [Info@iranhealthagency.com](mailto:Info@iranhealthagency.com)

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: [www.iranhealthagency.com](http://www.iranhealthagency.com)

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



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