



COSMETIC SURGERY  
OF LAS VEGAS

DR SAMIR PANCHOLI

## Rhinoplasty – Post Surgery Care

**Shopping:** Obtain these items before surgery.

- Prescriptions
- Supplies:
  - Ice Packs or Frozen Peas and Ziploc Bags
  - Simply Saline<sup>®</sup> nasal spray or equivalent
  - Paper Tape – If you wear glasses
  - Afrin<sup>®</sup> nasal spray or equivalent
  - SPF 30 or higher UVA/UVB sun block
  - Hydrogen peroxide
  - Antibiotic ointment
  - Q-tips
- Food – Day 1: Simple, easy to digest foods (toast, crackers, Ensure or Boost, pudding, soup, etc.)  
Day 2: and forward: normal diet.

### **Dressings/Bandages:**

- Do not touch or move the splint on your nose.
- Do not try to scratch under the splint on your nose.
- Do not get the splint wet.
- Typically, Dr. Pancholi will remove the splint at your one week post surgery visit.

### **Sutures:**

- Sutures inside your nose are dissolvable.
- Sutures outside your nose will be removed at your one week post surgery visit.

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Patient:

Date: 8/17/2010

## Wound Care:

- Avoid *any* pressure on your nose for up to 6 weeks.
  - If you wear glasses: Use paper tape to hold your glasses up and off of your nose.
- It is normal for your nose to feel stuffy for the first 2-4 weeks
  - DO NOT blow your nose
  - Use a Simply Saline<sup>®</sup> or an equivalent *saline* nasal spray to irrigate your nose as follows.
    - Tilt your head forward over a sink.
    - With the spray bottle in your right hand, spray the left side of your nose.
      - Aim and spray along a line from the tip of your nose to your left ear.
    - With the spray bottle in your left hand, spray the right side of your nose.
      - Aim and spray along a line from the tip of your nose to your right ear.
    - Spray each side of your nose 2-3 times.
    - Irrigate your nose 3-4 times a day.
    - DO NOT blow your nose.
  - If you feel mucus in your nose, gently sniff it into the back of your mouth and spit it out
- Starting the first day after surgery, clean your incisions as follows:
  - Using a Q-tip soaked in diluted hydrogen peroxide (mixed with 50% water), gently dab and moisten the inside of your nose twice a day.
  - Do not rub the inside of your nose.
  - **Do not** try to remove the mucous crusts. Doing so may loosen the delicate underlying sutures.
  - After cleaning your nose, using a different Q-tip, apply a thin layer of antibiotic ointment along the inside of the nostril and the outside sutures.
  - DO NOT blow your nose.
- After your splint is removed:
  - Perform massage exercises as demonstrated by Dr. Pancholi.
  - Continue to clean and irrigate your nose as described above
  - Protect the sensitive skin on your nose and face with sun block for at least 4 weeks.

## Activity:

- Up to 3 weeks:
  - Do nothing that raises your heart rate or blood pressure including but not limited to:
    - Sex
    - Lifting
    - Exercise
  - Avoid nicotine to avoid healing complications.
  - Avoid drinking alcoholic beverages to minimize bleeding.
  - Do not lift anything over 10 pounds.
  - Sleep on your back
- Up to 2 weeks:
  - Walk leisurely for 15 minutes every waking hour to help with circulation.
  - Do not lift anything over 5 pounds.
- Up to 1 week:
  - Keep your head elevated 30 degrees with several pillows or lay in a reclining chair.
- Up to 72 hours:
  - Apply cool packs to your cheeks (Frozen peas in Ziploc bags or crushed ice in a cloth towel).
  - Maintain a soft diet and avoid heavy chewing to limit drainage from the nose.

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## Special Instructions:

- Swelling, bruising, and mild bloody drainage are normal during the first 2 weeks.
  - If bloody drainage persists or is heavy, lean forward, apply ice pack to your cheeks, spray Afrin® in your nose (3 gentle sprays each nostril) and decrease your physical activity.
  - If the above does not stop the bloody drainage within 5-7 minutes, notify Dr. Pancholi immediately.
- Do not use Afrin® to decongest your nose unless instructed to do so by Dr. Pancholi.
- If your air conditioning or heating system is drying the air around you, use a humidifier to keep the air moist for your nose.
- As the swelling in your nose decreases, smell and taste will improve.
- Sensation will slowly return to your nose over the next 6 to 9 months.
- If your nose is packed, you must be taking antibiotics until this pack is removed or dissolves. If you run out while your nose is packed, call us for a refill.
- Do not drive any vehicles or operate and heavy machinery:
  - 36 hours following your surgery.
  - 4 hours following your last dose of pain medication.
  - 8 hours following your last dose of sleep medication.
- Prescriptions:
  - If you have a sensitive stomach, take your antibiotic with yogurt.
  - If your pain medicine is making you sick:
    - Lower the dose.
    - Take it with food.
    - Notify Dr. Pancholi.

Patient

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Guardian

Signature: \_\_\_\_\_

Relation  
to Patient

Date: \_\_\_\_\_

Dr. Pancholi

Date: \_\_\_\_\_

Witness

Date: \_\_\_\_\_