

Patient:



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[®] nasal spray or equivalent
 - Paper Tape – If you wear glasses
 - Afrin[®] 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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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[®] 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

Relation
to Patient

Signature: _____

Date: _____

Dr. Pancholi

Date: _____

Witness

Date: _____