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A Medical Corporation

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POST-OPERATIVE INSTRUCTIONS FOR RHINOPLASTY (NOSE SURGERY)

1. Go home to bed. Up to BATHROOM ONLY with assistance for 24 hours. KEEP QUIET!
2. Sleep on your BACK ONLY. Elevate your head and upper body on two pillows. If you do not usually sleep on your back put a pillow at each of your sides to remind you to stay on your back. A pillow under your knees is alright, and you can twist at your hips.
3. You will have a splint on the outside of your nose and vaseline gauze packing inside your nose. The vaseline gauze packing will be removed by the Doctor the day after surgery. DO NOT blow your nose while you have packing in your nostrils. You should open your mouth when you need to sneeze while the packing is in your nostrils also.
4. You will have a gauze "moustache" dressing taped under your nose to absorb any bloody drainage. Change the gauze dressing under your nose as necessary. It is normal to have some bloody drainage on this for the first few hours.
5. The Doctor will take your splint off in the office in 1 week after your surgery. DO NOT take it off yourself.
6. You will need to take baths until your splint is removed by the Doctor. DO NOT shower or get your splint wet or it will come off.
7. Avoid over heated rooms and direct sunlight. This will cause more swelling.
8. Avoid strenuous exercise, running, aerobics, swimming, diving, etc. until advised by your Doctor.
9. The Doctor will prescribe a nose spray to clear the inside of your nose if it becomes very congested.
10. Some of your stitches are inside your nose and will dissolve on their own. You may have some stitches under the tip of your nose, and these will be removed at the Doctor's office in 4 to 7 days after your surgery.
11. You may get bruised eyelids and swelling. Ice cold compresses will help minimize and soothe this. We suggest using a small amount of frozen peas or corn in small zip-lock bags for cold compresses. It is normal to have swelling & bruising following surgery. Swelling builds for the first 72 hours and then decreases. This will be the most uncomfortable period but will resolve. Pain is a normal occurrence after surgery. Everyone's pain tolerance varies and you will most likely experience some amount of pain. **If you have excessive pain, swelling or bleeding please call the office (805) 687-0080.**

I have read, understand and agree to follow these instructions.

signature

date