



John T. Lindsey

M.D., F.A.C.S.

Plastic & Reconstructive Surgery

RHINOPLASTY POST-OP INSTRUCTIONS

Your attention to these details is very important and will help assure the best possible result for you.

AFTER SURGERY

1. Keep the operation site clean and dry for 24 hours. After 24 hours, it is OK to briefly bathe. Expect some drainage on the mustache dressing. Try not to get the external nasal splint wet when bathing. Change the mustache dressing twice daily and as needed. Please keep your head elevated on 3 pillows while in bed. La-Z-Boy type lounge chairs offer excellent position and comfort.
2. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication). For the first 24 hours – Do not sign any legal documents or operate machinery. Have a responsible adult help you, and take it easy. No bending over or lifting for the first two weeks after surgery.
3. Clear liquids first. If no nausea, progress to a regular diet as tolerated. Keep your head elevated on 3 pillows for the first week.
4. Take medication as ordered. Please see the medication dosing regimen recommended by Dr. Lindsey. ***For the Enhanced Recovery after Surgery regimen to be effective, it must be followed as prescribed.*** Do not take pain medication on an empty stomach. Do not drive while taking medication.
5. NO alcoholic beverages. NO smoking.

6. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
7. Use ice packs to your face/nose for 24 hours. Crushed ice in a Glad Bag or a bag of frozen peas draped over the nose afford comfort.
8. Bruising should be minimal to none. Sometimes there is swelling and discoloration of the lower eyelids. Rhinoplasty is mildly uncomfortable. The most bothersome aspect of rhinoplasty for most patients is breathing through the mouth due to the internal nasal splints which hold the nasal bones and cartilage in alignment during healing. You should be up and moving around the house the day after surgery. Most patients are back at work within one week of surgery.
9. Call Dr. Lindsey at (504) 885-4508 (office) or (504) 495-5937 (cell) for: obvious bleeding, redness, swelling, or pus at the wound, fever over 101.5 degrees, persistent vomiting, any problems or questions,
10. Please schedule your appointment approximately 5 to 7 days following your surgery for internal splint and suture removal. The external nasal splint usually loosens and falls off by seven days post op. If it is still in place at that time, please come to the office for splint removal.
11. Patients who undergo complete rhinoplasty return to a desk type job in 5 to 7 days. Usually some makeup is required on the lower lids to camouflage bruising. Tip swelling normally persists for 3 to 6 months. The other aspects of the rhinoplasty (hump reduction, alar wing reduction, thinning, and straightening) are usually appreciated within two weeks of surgery.