

WestLake



Dr. Robert Caridi  
PLASTIC SURGERY

## **RHINOPLASTY**

### **PRE-OPERATIVE INSTRUCTIONS**

- ❖ Trim your nasal hair 2 days before your procedure.
- ❖ You will need Afrin® and nasal spray available after your procedure.
- ❖ Shower the day of your procedure. Do not apply any makeup, creams or lotions on the day of your procedure.

### **POST-OPERATIVE INSTRUCTIONS**

- ❖ It is *very important* to apply icepacks to your nose for the first 48 hours.
- ❖ There may be packing in both nostrils for 1 – 3 days, and an external nasal splint for 7 – 10 days after your procedure. There will be some drainage from the nose after the packing is removed.
- ❖ Sleep on your back with your head elevated for the first week.
- ❖ Bruising and swelling around the eyes is normal after a rhinoplasty. Bruising may last for up to 2 weeks.
- ❖ Most swelling of the nose will be gone after 3 weeks, but residual swelling may last up to 2 years. The final result is completely evident at 2 years.
- ❖ If you wear glasses, including sunglasses, they should not rest on the bridge of your nose for 2 weeks after the splint is removed.
- ❖ Refrain from strenuous activity for 4 weeks after surgery. Gradually return to your previous level of activity.
- ❖ Avoid any contact sports for at least 2-4 months after your procedure.