



## Rhinoplasty Post Op Instructions

### Rhinoplasty

**Nasal Packing:** We usually are able to avoid nasal packing after surgery. If you have blood shed slightly more than usual during your operations, or if there is some other reason, we may occasionally place packing. With packing in place, you will have to breathe through your mouth and you will have somewhat more swelling than usual. We will usually remove such packing in 24-48 hours.

**Internal Splints:** If you have had surgery on your septum as part of your rhinoplasty, plastic splints will be sutured inside your nose. Although, these take up some room, your nasal passages should not be totally obstructed. Dr. Zahir will usually removes the splints 3-5 days after surgery.

**Cast:** The splint put on your nose at the end of surgery is intended to provide protection, serving as a small external skeleton. It will be removed in 7 days.

**Position:** Keeping you head (and nose) elevated tends to reduce swelling. If possible, sleep on two or three pillows.

**Dried Blood in the Nostrils:** After surgery, some oozing and bleeding usually occurs for a day or two, and crusting dried blood will collect in the nostrils. The nose can be cleaned with NASAL or Ocean Spray Nasal Spray; debris can be removed gently with a Q-tip and peroxide

**External Sutures:** The external sutures will be removed in 4-6 days. Apply a small amount of antibiotic ointment to the suture line 2-3 times a day.