

**ASSOCIATES IN PLASTIC SURGERY, INC.**  
**RHINOPLASTY**  
**OUT-PATIENT SURGERY**  
**POST-OPERATIVE INSTRUCTIONS**

1. Use your medication as ordered.
2. You have been given gauze pads and tape. Change the drip pad under your nose when it becomes moist. By the evening or next morning, the drainage will begin to subside. Call your doctor if you have excessive bleeding (bleeding which makes it necessary to change a saturated drip pad every 10 minutes or less for a period of time of 1 hour.)
3. It is important that you stay quiet and do little talking for the next 24 hours as excessive activity may cause bleeding to occur.
4. Keep the dressing over your nose dry and intact until you see your doctor.
5. Ice packs that are kept covered in a dry cloth may be placed gently on your nose over your dressing to help decrease swelling and soreness.
6. Sleep on three or more pillows. This will help decrease swelling and soreness. Elevating the affected area will be less helpful to you after the first few days after surgery. If you are unable to rest comfortably in an elevated position, then assume whatever position will allow you to rest. Rest is important.
7. You may sleep on your side if it is more comfortable for you, but keep the head elevated if possible.
8. You may drink liquids when you arrive home. By evening you may have a light meal.
9. Do not drink any alcoholic beverages- beer and wine included- for 48 hours. They do not mix with the anesthesia and may make you very sick.
10. Do not drive your car or do anything that requires your coordination for 48 hours. The medication and/or anesthetic agents may interfere with good judgment.
11. Anesthesia can sometimes delay the bladder function and your ability to urinate. If you are unable to urinate within 6-8 hours of arriving home, please call the office of the on call physician. This allows for office intervention should you be unable to void.
12. Avoid exertion for the first week. Subsequently, let the level of discomfort at the surgical site guide your level of activity.
13. Point and flex your toes, bend your legs at you knees every fifteen minutes while you are awake to promote circulation in your lower extremities.
14. Remember to take a couple of deep breaths and cough to promote good oxygenation every hour while awake.
15. Patient must not be left alone for 24 hours.
16. Do not hesitate to call our office at 491-3535 if you have any questions about your surgery. The nurse will be glad to assist you in any way possible. If it is necessary for you to contact a doctor after 5:00 PM, when the office is closed, or on the weekend, please call the doctor's answering service at 491-3535 and the physician on call will be contacted to assist you with any problems or questions.
17. Return appointment:\_\_\_\_\_

The above postoperative instructions have been explained to me by \_\_\_\_\_  
and I completely understand them insofar as possible.

\_\_\_\_\_

Signature