

# Postoperative Instructions – Rhinoplasty, Nose Surgery

Rhinoplasty is sometimes performed in conjunction with a facelift or other rejuvenate facial surgery to correct aging changes of the nose such as a drooping tip. Sometimes certain breathing problems related to the internal nasal structures can be corrected at the same time as nose reshaping is performed. Dr. Chaboki will be able to help you determine whether these structures should be modified along with reshaping your nose.

It is important to realize that the amount of time it takes for recovery varies greatly among individuals. The first couple of days after surgery, you should restrict your activities and sleep with your head elevated. This will help to minimize swelling and reduce the possibility of minor bleeding, which is not uncommon.

Generally, bruising around the eyes and cheeks is most apparent during the first few days following surgery. Most discoloration will disappear within a week. A few days after surgery, you can begin to use makeup, if desired. Noticeable swelling may last for several weeks. Minor residual swelling, most frequently affecting the nasal tip, may continue for many months, but generally this should not be apparent to others. If packing was used, it will be removed in the office 1-2 days after surgery. Dr. Chaboki generally does not use any external incisions, but if he does these stitches will be removed at 1 week. You may need to continue wearing the nasal splint for up to a week, during which time you should avoid getting it wet.

The goal of rhinoplasty is a nose that looks natural and blends harmoniously with your other facial features. Since the healing process is gradual, you should expect to wait up to one year to see the final results of your rhinoplasty. You are likely, however, to begin enjoying your new look within weeks of surgery.

Occasionally, a touchup or revision may be desired to further improve the results. If this is the case, Dr. Chaboki will wait a few months to allow proper healing, and the additional procedure is usually less extensive than the original operation.

Straining, bending, and heavy lifting should be avoided during the early postoperative period. In many instances, you may be able to return to work within a week or ten days after surgery. Most normal activities including exercise can usually be resumed within three weeks.

It will be a few months before you can expose your reshaped nose to direct sunlight. Your nose will be sensitive during this time, and you must be conscientious about using a sunblock to protect your skin. If the bones of your nose were altered, it may be a number of weeks before you can wear glasses without special support such as tape.

Results can be immediate and dramatic if the nose was very large or if a large bump was removed, but usually the changes are not dramatic. A slight bump or oversized tip can be improved without attracting a great deal of attention. Friends and family may say that they don't see a major difference, but that's okay. Your surgery should improve your appearance without drawing attention. Remember, the idea is not to create a new nose, but rather to improve the one that you have.

**Houtan Chaboki, MD**  
Facial Plastic and Reconstructive Surgeon  
[www.potomacplasticsurgery.com](http://www.potomacplasticsurgery.com)

2021 K Street, NW, Suite 206  
Washington, DC 20006  
202.741.3409

*Specializing in rhinoplasty (nose job surgery), face lift, neck lift, blepharoplasty (eyelid surgery), brow lift, Botox, facial fillers, and skin care for Washington DC, Maryland, and northern Virginia.*

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Maximize your cosmetic results after nasal surgery by following these basic post-treatment instructions. Please contact Dr. Chaboki with any questions.

## General

- Change the nasal drip pad as needed. Some bleeding and mucous is normally expected out the front, or draining down the back of the nose.
- Numbness in the cheek, lips, nose, and teeth is common
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication
  - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician. Dr. Chaboki will advise you when you may resume taking these medications, which may be a few days.
- No herbal medications, supplements, or teas.
  - Herbals with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort

## Diet

- Advance slowly from liquids to soft, then solid foods after anesthesia. No restrictions on specific type of food or drink.
- Drink plenty of fluids
- No gum chewing

## Activity

- Sleep with your head elevated for the first week, to help reduce nasal swelling
- Do NOT rub your nose, or put any pressure on your nose
- Do NOT blow nose
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Do NOT bend over or hang your head down
- No heavy lifting, straining, or strenuous activity for at least 2 weeks
- Avoid eyeglasses the first 2 weeks after surgery. Once permitted by Dr. Chaboki, wear the eyeglasses as high as possible on the bridge of the nose. Eyeglasses may be taped onto the forehead, to keep them off the nose.

## Hygiene

- Keep clean ice-packs, wrapped in a clean cloth, over the area for the first 48 hours. Try to keep the ice on as much as possible while awake to help reduce swelling.
- Do NOT put pressure on the nose.
- Gently wash entrance of each nostril with full strength hydrogen peroxide on cotton-tip applicator three times a day, only for the first 2 days after surgery
- Place *Bactroban* ointment via a cotton-tip applicator in your nose three times a day
- Reinforce the nasal cast with tape as necessary. The cast will be removed 1 week after surgery.
- Rinse both sides of your nose with normal saline (salt) solution at least three times daily
- Do NOT use any allergy nasal sprays until advised by Dr. Chaboki

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