



The Plastic Surgery Experts

Mark Mandell-Brown, M.D.

Rhinoplasty – Post Operative Instructions

1. Elevate head of bed approximately 30 degrees (2 pillows is sufficient) for 2 weeks.
2. Use ice water compresses (ice cubes and water in a bowl with washcloths) continuously every 15 minutes the first day of surgery until you go to bed, then as able for the next 2 days. In order to keep the nasal splint dry fold the washcloth into an inverted V and place over the eyes.
3. Avoid direct sun for one month.
4. Avoid eyebrow tweezing for one month.
5. Keep a stiff upper lip with no smiling. Maintain a soft diet for one week.
6. Avoid brushing the upper teeth for one week with a toothbrush, use only a soft cloth.
7. No nose-blowing for ten days.
8. Avoid sneezing through the nose for 10 days. Sneeze only through the mouth. For excessive sneezing spells take Benadryl (this is over the counter—one tablet every 6 hours as needed).
9. Use peroxide on a Q-tip in a circular motion in the nostrils twice a day. Follow this with Vaseline on a Q-tip to keep the nostrils moist. Do this for the first weeks following surgery.
10. Maintain the nasal splint on the nose for one full week. Avoid getting this wet when washing your face. It is ok to take a shower, just keep your back to the water when washing hair and let the water hit you from the chest down in the front.
11. Following removal of nasal splint, you may clean the nose with cotton balls and Neutrogena soap, or Alcohol on cotton balls.
12. Avoid strenuous activity for two weeks. You can walk “briskly” after two weeks, and you can jog after three weeks. No diving or skiing for eight weeks. If you play tennis, you can hit ground strokes after three weeks and compete in singles after four weeks.
13. If you wear eyeglasses, tape the glasses to the forehead for six full weeks following surgery. This includes sunglasses. Contacts may be placed on the first day following surgery.
14. You may return to work in one week.
15. For best results in avoiding nasal trauma, sleep alone for two weeks.
16. Sleep on your back for six full weeks; sleeping on your side may cause deviation of your nose until full healing has taken place. To avoid turning over in your sleep at night, the following measures are suggested:
 - a. Sleep on a Lazy Boy chair with head elevated.
 - b. Obtain pillow rest with a neck cut out that can be wedged under your head.
 - c. Wear your Robe with a soup can placed in each front pocket so that when you roll over in your sleep, the cans will remind you to roll over on your back.
17. Avoid bending over for ten days.
18. Change moustache drip pad as needed using 4x4 gauze and paper tape.

Mandell-Brown Plastic Surgery Center

10735 Montgomery
Cincinnati, Ohio 45242
513/984-4700

www.theplasticsurgeryexperts.com