

Maxillofacial Surgery Center

Post-Operative Instructions

Rhinoplasty (Nose Surgery)

Dressing - The splint placed on your nose is to remain in place until your surgeon removes it at the one week follow-up visit.

Sutures - Usually dissolve in about two weeks. Any non-absorbable sutures will be removed at the one week follow-up visit.

Wound Care - Starting the first day after surgery, sing a cotton Q-tip, swab out the nose twice a day with diluted peroxide (50% water). After cleaning the nose apply a thin layer of Baccitracin or Polysporin with a fresh Q-tip.

Activity - Keep your head elevated 30 degrees with several pillows or lay in a reclining chair. Apply ice for 14-48 hours. No heavy exercise or lifting for at least two weeks. Maintain a soft diet for the first few days since heavy chewing may provoke increased drainage from the nose. Avoid driving while still taking prescription pain medication.

Special Instructions - Protect sensitive skin on the nose and face from sun exposure with sun block for at least six weeks. Avoid pressure on the nose. It is normal for the nose to be stuffy for the first couple of weeks. Using a saline spray can be helpful for relief. Afrin nasal spray can be used for no more than 3 days to decrease the bleeding and congestion. If Afrin is used for more than 3 days you can become addicted and have worsening of your nasal congestion. Swelling, bruising and some bloody drainage is normal. If bleeding persists or is heavy, keep your head elevated, apply icepacks, and decrease your activity.

*Dr. Michael Nichols
(601) 420-3223
Maxillofacial Surgery Center
266 Katherine Drive
Jackson, MS 39232*