

Barry J. Cohen, M.D. P.C.

Rhinoplasty **Post Op Discharge Instructions**

Please review the following discharge instructions and be sure that you understand them. If you have any questions, please contact our office at 301-656-6398

- After surgery you will have a gauze drip pad under your nose do to the drainage of blood from your nose
- You will need to change this drip pad every time you see that the gauze is saturated with blood. You can remove the pad completely once the drainage has stopped.
- **Avoid** bending over, straining, blowing your nose, and minimize coughing. You may have ointment or packing in your nose please do not try to remove this until you see your physician. The following things could increase or cause bleeding from the nose.
- You may apply cold compresses to the eyes for 10-15 minute intervals throughout the day. **NO ICE!** It is normal to have swelling and bruising around the eyes and nose. It is best not to use ice on the face since it is considered heavy and can cause too much pressure.
- You may take a shower 48 hours after surgery but you will need to keep your splint from getting wet.
- Do not remove the nasal splint on your nose. The splint is used to help support the bones and the healing process. The nasal splint will be removed at your one week post op follow up
- You will need to be in the upright position to prevent the blood from draining down the back of your throat and entering into your stomach. If you swallow blood it will make you sick and it is very likely that you will vomit
- You want to make sure that you sleep with your head elevated
- Do not take any medications containing aspirin or Vitamin E for the first two weeks after surgery
- You will need to increase your fluid intake (i.e. water, gatorade, or gingerale etc.) to help prevent dehydration
- A fiber supplement is needed to help decreased the risk of constipation related to usage of pain medications
- It is very important to walk around the house every hour that you are awake. This will help to prevent blood clots from forming in your legs. You will be given TED stockings the day of surgery. They need to remain on until the evening after surgery.
- If you do not urinate within eight hours after surgery you will need to get a catheter place to empty your bladder. You will need to come to the surgery center during business hours or go to the nearest emergency room after hours
- Deep breathing every hour while awake to promote full lung capacity. It may hurt to take deep breathes after surgery, but it is essential to help prevent the possibility of pneumonia
- You may eat light foods the day of surgery such as toast, crackers, soup, jello, etc. Greasy foods may cause nausea and vomiting. The day after surgery you may increase your diet as tolerated
- **ABSOLUTELY NO SMOKING!** Smoking will compromise blood flow to the surgical area, which can cause delay in the normal healing process.

PLEASE CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR

- Please note that you may have a low-grade fever related to surgery. If the fever is 101.1 or above please contact the office
- If you are short of breath that is not relieved by sitting in the upright position.
- Significant bleeding from the surgical site

Please contact the surgeon's assistant at 301-656-6398 to make your one week post op follow up.

WE WILL CONTACT YOU ON THE NEXT BUSINESS DAY TO CHECK ON YOUR STATUS AND ANSWER ANY QUESTIONS OR CONCERNS THAT YOU MIGHT HAVE

Patient Signature _____ Date _____

Revised 8/2006 M. Smith RN

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