

Rhinoplasty Surgery Discharge Instructions
Dr. Michele Shermak
The Plastic Surgery Center of Maryland



Diet

- You may resume a regular diet. Lighter foods will help avoid nausea/vomiting.
- A diet low in fat and high in protein enables proper wound healing. In addition, consuming a diet rich in vitamins and minerals is also beneficial. Avoid salty foods which will make you swell. Consider taking a multivitamin.
- Drink plenty of fluids. Dehydration and dizziness is common. This can easily be avoided by consuming fluids.

Activity

- No strenuous activity for 4 weeks. No lifting >5lbs for 2 weeks. Keeping your head elevated will decrease swelling and bruising. Sleep on multiple pillows to keep head above the level of the heart.
- Walking encouraged. This is an important step in preventing blood clots in the legs, which is a serious condition.
- You may return to the gym one month after your surgery.
- Ice packs (frozen veggies in a baggy) are excellent to reduce swelling around the eyes and are recommended for 3-5 days following surgery. You may also moisten a wash cloth and freeze in the freezer.
- Do not blow nose.
- Avoid bending over which will put pressure on the nose.
- Keep the nasal passages moist with saline spray for the nose through the day after packing is out.

Dressings/Wound Care

- For patients who have a splint on their nose following surgery, **do not remove this splint**. The splint will be removed by Dr. Shermak during the follow-up appointment approximately one week after surgery. Do not replace the splint if it comes off.
- For patients who have a dressing placed on their ear where cartilage was removed, do NOT remove this dressing. This will also be removed at the follow-up appointment.
- Keep both of these dressings clean and dry.
- ~~If packing is inside the nose, please remove it 24 hours after surgery is done.~~ Remove slowly. If the packing does not come out easily, please call the office.
- Additional wound care instructions will be provided at your follow-up appointment once the dressings have been removed.

Washing

- You may wash the day after surgery; however, do not get the splint/dressing on your nose and/or ear wet. They must stay dry at all times.

Medications

- *Pain Medication:* You will have a narcotic (Tylox, Oxycodone, or Dilaudid) to help with pain relief. You can take 1-2 pills every 4-6 hours as you need for pain relief. In addition, you may have been given a prescription for Ibuprofen or Motrin. It is important to take any of these medications around the clock and with food. This will help with pain and swelling.
- *Saline Nasal Spray (Ocean Spray):* Use 2 sprays in each nostril 3 times a day and as needed. This is used to moisturize the inside of the nose.
- *Antibiotic:* You will take an antibiotic if there was nasal packing placed in your nose following surgery.
- *Sudafed:* Over-the-counter Sudafed should be taken to prevent nasal congestion.
- A stool softener (Colace) is recommended while taking narcotics as these can lead to constipation. Maximizing fiber intake (fruit, vegetables, or fiber supplements) also helps.
- If you take any medications that may affect your bleeding (Coumadin, Lovenox, Plavix, Aspirin, Naprosyn, Anti-Inflammatory medications such as Ibuprofen, Vitamin E, etc.), please discuss the appropriate time to resume taking this medication with Dr. Shermak. These medications must be stopped 2 weeks prior to surgery.

Follow-up

- Please arrange for your first follow-up appointment about a week after surgery.

What to Watch For and When to Call

- You can call our office at any time to speak with Ann or with Dr. Shermak if you have questions or concerns at 410.616.3000. In addition, you can also reach Dr. Shermak by email at shermakmd@gmail.com. **(Please do not use email for urgent or emergent situations.)**
- Call if you develop a fever >101.5 degrees Fahrenheit, you note increased redness or purulent drainage at or around the incision.
- Call if you develop a skin rash all over your body as this may be an allergic reaction to one of your medications.
- Call if you experience changes in your vision.
- Call immediately if you begin to bleed moderately or heavily from your incisions, you develop chest pain, or develop shortness of breath.

Thank you for choosing Dr. Shermak as your plastic surgeon. We look forward to continuing to care for you. Get plenty of rest and best wishes for a speedy recovery!