

New England 
cosmetic surgery & laser center
JOHN B. LAZOR MD, MBA, FACS

POST-OPERATIVE INSTRUCTIONS FOR RHINOPLASTY AND/OR SEPTOPLASTY

Please review these instructions BEFORE surgery. These are for patients having surgery under local or general anesthesia. Obviously, more extensive procedures require more care and recovery time. Remember that everyone heals in a different manner and your individual progress will differ from that of others.

BEFORE SURGERY:

- Carefully review the enclosed instructions regarding medications, supplements and herbal products, most of which should be stopped **two to three** weeks prior to surgery
- **No aspirin, motrin, advil, or ibuprofen for 2 weeks before and after surgery.**
- Arrange to have someone pick you up at the hospital. Inasmuch as it is impossible to predict the exact time of discharge, please bring their name and phone number (preferably cell number) and give it to the receptionist when you check-in
- You may need to stop at the pharmacy on your way home so you may want your insurance and/or charge card
- If you will be having general anesthesia, it is preferable to have an adult in the house with you for the first 48 hours after surgery
- Organize your post-op schedule to eliminate any strenuous activity, especially picking up heavy objects (children, dogs)
- If you do not have your pre- and post-op visits scheduled, please call the office to do so
- The night before surgery eat lightly, go to bed early, and do not have anything to eat or drink after midnight if you will be having general anesthesia
- You may want to purchase: cotton swabs, 2x2 gauze squares, **Bacitracin Ointment**, Ocean nasal spray, ice packs or several packages of frozen peas and zip-lock bags for the peas

IMMEDIATELY AFTER SURGERY:

- Expect moderate pain, discomfort, swelling, bruising (you may have black eyes), and numbness around your eyes and nose
- You may experience difficulty breathing through your nose and a loss of taste and smell; these are normal
- There will probably be a 'drip pad' under your nostrils to catch any drainage
- There may be a cast your nose. Do not disturb it; it will be removed by your doctor in 6 to 8 days.
- Sleep on your back with your head elevated on two or more pillows for three weeks. Do not sleep on your side during that period. Placing two pillows at your hips on which to rest your arms while sleeping will help you to avoid sleeping on your side.
- Begin with a light, preferably liquid diet, especially if you had general anesthesia; drink plenty of fluids
- Do not smoke or drink alcohol until cleared by your doctor

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- Keep ice compresses – gauze pads filled with crushed ice or dipped in ice water and wrung out, or small bags of frozen peas – on for the **first 48 hours**, and then as much as possible during the first week after surgery – in 15 to 20 minute intervals
- Keep your head above your heart and do not lean your head forward for two weeks; if you have to pick something up, bend from the knees with your head erect

PAIN MEDICATIONS AND WOUND CARE

- Expect swelling and bruising to peak 48 hours after the surgery; this will gradually subside over the following 10 days
- Some bleeding is common for the first few days. Change the ‘drip pad’ gauzes under your nose as needed
- Prescription medication may be prescribed at discharge, take only as instructed. After that, you may take Tylenol™ for discomfort. Do not take any aspirin products
- You may be given antibiotic ointment to apply to any incisions; apply as instructed
- Clean the edge of your nostrils or stitches with a cotton swab and saline. Apply **Bacitracin Ointment to the stitches and inside the nose 4 times a day**
- You may bathe and wash your hair 48 hours after surgery although the cast, must not get wet

SUBSEQUENT CARE:

- Do not engage in contact sports, swim or dive until cleared by your doctor
- Your nose may seem congested for several weeks; this is normal

CALL THE OFFICE IF YOU EXPERIENCE:

- Increased swelling, bruising, pain, or redness around the incision
- Severe or increased pain not relieved by medication
- Adverse side-effects to medications such as nausea, rash, or vomiting
- An oral temperature over 100.4 degrees
- Yellow drainage or a foul odor from the incisions
- A heavy nosebleed which does not stop after sitting up for a few minutes with your nostrils squeezed together
- If you have any questions or if there is an **emergency**, please call **(781) 337-5665**. If there is no answer, call **(617) 774-1717** and ask for Dr. Lazor or the doctor on call to be paged.