

**J. Jason Wendel, M.D.**

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# Recovery Instructions

**NOSE RESHAPING (RHINOPLASTY)**

This is an outpatient surgery.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow a balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

**Activities**

Walk as soon as possible, this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking any narcotic pain medications.

Avoid strenuous activities or any activity that increases your blood pressure for 2 -3 weeks.

Avoid contact sports, hitting or rubbing your nose, and sunburn for 6 weeks.

Do not wear sunglasses or eyeglasses for 6 weeks.

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 4-6 weeks.

Return to social and employment activities in 1-3 weeks.

**Incision Care**

Avoid exposing scars to the sun for at least 12 months.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Keep steri-strips in place.

Keep incisions clean, dry and inspect daily for signs of infection.

Stay in bed or a recliner with your head elevated, except for going to the bathroom, for the first day.

Cold compresses reduce swelling.

Do not wash your hair until nose splint is removed, or ask for special instructions.

Avoid blowing your nose for 1 week.

Be gentle when washing your face, hair or using cosmetics.

Do not use facial makeup on external incisions for one week.

Contact lenses can be worn as soon as you feel like it, but glasses canNOT be worn for 6 weeks.

After the nose splint is removed, tape your glasses to your forehead or prop them on your cheeks until completely healed.

### **What To Expect**

You will be up and about in 2 days, but it will be 1-2 weeks before you feel well and are socially acceptable.

Feeling depressed is normal.

After surgery, particularly during the first 24 hours, your face will feel puffy.

A small amount of bleeding is common during the first few days.

A splint is applied after surgery and stays for 7 days. Soft plastic splints might be placed inside the nose as well.

Minimal postoperative pain.

After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.

Your nose may ache and you may have a dull headache.

Temporary swelling and bruising around eyes and nose will increase and peak after 2-3 days.

Most swelling and bruising should disappear in about 2 weeks.

Some subtle swelling (noticeable only to you) will remain for several months.

Some numbness may be present around the operative areas.

Black eyes and swollen nose and eyelids for 7-14 days.

You may experience some discomfort with breathing.

Swollen nasal tissues may cause the nose to seem "stuffed up" for several weeks.

### **Appearance**

New nose looks better in 2-3 weeks and usually continues to improve for many months.

Nasal tip drops to its permanent position in 6 months.

Final and complete results may not be apparent for a year or more.

### **Follow-Up Care**

If you have nasal splints, they will be removed after 5-7 days.

If nostrils are narrowed, sutures are removed in 5-7 days. All other sutures either dissolve or are removed within 7-10 days.

Instructions regarding surgical glue removal and scar gel treatment/application will be provided at your post op appointment.

Frequent follow-up visits should be scheduled.

### **When To Call**

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have nosebleed or bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.

If you have any unusual symptoms.

### **Managing Refill Prescriptions**

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends.

Messages received after hours or on weekends will be processed the next business day.

### **For Medical Questions, Please Call:**

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.