



MOUNT AUBURN HOSPITAL

**TAYLOR & SULLIVAN PLASTIC SURGERY**  
**HELENA O. TAYLOR, MD, PhD, FACS**  
**STEPHEN R. SULLIVAN, MD, MPH, FACS**

300 Mount Auburn St Ste 304  
Cambridge, MA 02138

Phone: 617-492-0620 FAX: 617-492-0631

[www.massplasticsurgeons.com](http://www.massplasticsurgeons.com)



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

**NOSE SURGERY (RHINOPLASTY) AFTERCARE INSTRUCTIONS**

- In the week before your Nose Surgery:
  - Consider eating pineapple, it may help reduce bruising
  - Consider supplementing with Arnica montana, it may help reduce bruising
  - Complete household chores and prepare meals for the first few days of postoperative recovery
  - Follow preoperative instructions with eating, drinking, and medications
- Postoperatively, get out of bed and walk (with assistance) every few hours after your operation to decrease the chance of postoperative problems such as blood clots.
- Practice 15-20 deep breaths every hour to keep your lungs open.
- After surgery, it is important for you to have someone available to stay with you for the first 24 hours, as you may feel drowsy. You may require help the first few times you get out of bed.
- Please take your medications as directed by Dr. Taylor or Dr. Sullivan to manage discomfort or symptoms.
  - Acetaminophen (Tylenol) 1000 mg every 8 hours, space doses 4 hours after Ibuprofen so one or the other is taken every 4 hours
  - Ibuprofen (Motrin) 800 mg or Celecoxib (Celebrex) 200 mg every 8 hours, space doses 4 hours after Acetaminophen so one or the other is taken every 4 hours
  - Gabapentin 300 mg every 8 hours for 7 days
  - Vitamin C 500 mg daily for 50 days
  - Oxycodone 5 mg – 1-2 tablets every 6 hours as needed for pain, though many patients may not need it
  - Colace 100 mg twice daily to prevent constipation, it is important to have a bowel movement each day
  - Zofran 8 mg every 8 hours if needed for nausea
  - Scopolamine patch may be placed on the neck on the day of surgery and can stay for 3 days to prevent nausea
  - Bacitracin ointment or Vaseline twice daily to the incisions inside the nostrils
  - Preparation H Ointment with Phenylephrine every 6 hours for two weeks to reduce nasal swelling – start applying after the nasal splint is removed, which is usually between postop day 5 and 7

Please contact Dr. Helena O. B. Taylor or Dr. Stephen R. Sullivan for additional information on plastic surgery.

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- Eat a light diet for 2-3 days and avoid spicy food. Some suggestions to ease abdominal discomfort or indigestion after surgery:
  - Drink water or warm liquids
  - Prune juice to prevent constipation
- You may have a plastic cast or splint on your nose. Do not put pressure on the nasal splint. The splint will usually be removed 5 to 7 days after surgery by Dr. Taylor or Dr. Sullivan. After the splint is removed, please do not put pressure on the nasal bones or allow glasses to rest on the nasal bones for 4 weeks.
- You may have silicone stents in your nostrils. Do not try to remove these. They are sutured to your nasal septum.
- You may shower or sponge bath the day after the operation. You may wash your hair and face, though please avoid getting the nasal splint wet.
- Elevate your head and shoulders and when in bed keep your head elevated about 30 degrees (two pillows under your head and back) to help with the swelling.
- Do not smoke or expose yourself to smokers or nicotine as nasal skin and wounds can be compromised.
- You may apply ice packs to the face and areas around the eyes for the first 48 hours to reduce swelling and bruising. Bags of frozen peas and corn make for excellent ice packs. You might also consider Icewraps Gel Packs or Swiss Safe gel packs, which can be ordered from Amazon or online. Apply the ice packs for 20 min of each hour while awake. Do not put pressure on the nasal splint.
- Some nasal bleeding is expected for 3 to 4 days. You may change the drip pad under your nose as often as you need. Avoid blowing your nose, rubbing your skin, or picking dried blood as it irritates the tissues and can worsen bleeding.
- Avoid blowing your nose for 2 weeks. Instead, irrigate your nostrils with saline (salt water) 4 to 5 times each day.
- If you need to sneeze, simply open your mouth when you sneeze to decrease nasal pressure.

#### **ACTIVITY**

- For the first week following surgery, raising your blood pressure and heart rate can cause bleeding. Avoid straining or vigorous activity. We recommend walking 2 to 3 times per day for 15 minutes.
- Please do not drive with swollen eyelids or while taking pain medications such as oxycodone.
- Do not lift anything heavier than 10-20 lbs, run, lift weights, or perform strenuous exercise for 7-10 days.
- Massage to the skin of the nose can help increase circulation and soften firm areas. Please wait at least 3 to 4 weeks after nose surgery to start massage to avoid increased swelling.

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- Avoid contact sports for 6 weeks following nose surgery.

#### **GENERAL OUTCOMES**

- Moderate swelling and bumpiness of your nose is to be expected and will increase for 48 to 72 hours. Much of the nose swelling usually resolves within the first few weeks after the nose surgery (rhinoplasty) though some mild swelling can take one full year to resolve. You may get black and blue bruising under your eyes. Please be patient. The swelling and feeling of tightness will gradually subside over the following weeks.
- Tightness of the nose skin and a fuller appearing nose is also normal and will smooth out as the swelling resolves and the tissues soften.
- Tingling, itching, and numbness of the nose and cheek skin and upper front teeth are all normal. Tingling and itching are signs of healing and will resolve. Sensation to the skin of the nose and upper teeth usually returns gradually and slowly over several weeks. Please be patient and avoid resting against hot surfaces, which can injure or burn the skin.
- Scars and tissues take one full year to mature. You may notice that they become red, raised and firm for several weeks to months before becoming soft, flat and pale. Avoid Vitamin E as it can irritate the skin and scars. Mederma has no proven benefit and is not worth the expense. All incisions will be sensitive to sunlight during the healing phase. Direct sun exposure or tanning booths are to be avoided. Silicone cream, such as Biocorneum Advanced Scar Treatment, or skin moisturizer with sunscreen and gentle massage may be helpful.
- Please call our office (617-492-0620) if you have:
  - Continuous nasal bleeding
  - Significantly more swelling on one side of the face when compared to the other
  - Worsening nasal pain
  - Fever, spreading redness, or irritation of the nasal skin
  - Shortness of breath

It is important to be seen by Dr. Taylor or Dr. Sullivan after your operation. They will see you in follow-up appointments at 1 week, 3-6 months, and 1 year or as often as needed post-op. Call to schedule your appointments at Taylor & Sullivan Plastic Surgery office at (617) 492-0620 between the hours of 8:30 – 5:00 or visit our webpage at [www.massplasticsurgeons.com](http://www.massplasticsurgeons.com). We are always available for postoperative concerns or emergencies and can be reached through our paging service 24 hours per day at (617) 492-0620.

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