



ADVANCED AESTHETIC CENTER FOR  
ORAL AND MAXILLOFACIAL SURGERY

**POSTOPERATIVE PATIENT INSTRUCTIONS**  
**FOLLOWING NASAL PLASTIC SURGERY**  
**(RHINOPLASTY)**  
**(954) 659-9990**

WE GREATLY APPRECIATE THE CONFIDENCE YOU HAVE SHOWN IN US BY ALLOWING US TO ASSIST YOU IN IMPROVING YOUR APPEARANCE AND HEALTH. YOU MAY BE ASSURED OF OUR STRONG COMMITMENT TO HELPING YOU ACHIEVE THE BEST SURGICAL RESULT POSSIBLE. WE URGE YOU TO FOLLOW THE ADVICE BELOW VERY CAREFULLY IN ORDER TO MAXIMIZE THE BENEFIT OF YOUR SURGICAL OUTCOME AND RECUPERATE AS QUICKLY AS POSSIBLE WITH THE LEAST AMOUNT OF DIFFICULTY.

1. DO NOT BLOW YOUR NOSE UNTIL INSTRUCTED. WIPE OR DAB YOUR NOSE GENTLY WITH TISSUE IF NECESSARY. YOU MAY USE Q-TIPS® IF NEEDED.
2. CHANGE THE DRESSING UNDER YOUR NOSE (IF PRESENT) UNTIL THE DRAINAGE STOPS.
3. THE NASAL CAST OR DRESSING WILL REMAIN IN PLACE FOR APPROXIMATELY ONE (1) WEEK AND WILL BE REMOVED IN THE OFFICE. DO NOT DISTURB IT: KEEP IT AS DRY AS POSSIBLE. YOU MOST LIKELY WILL HAVE TO BREATHE THROUGH YOUR MOUTH WHILE THE NASAL PACKS ARE IN.
4. EXPECT SWELLING, DISCOMFORT OR PAIN AND BRUISING.
5. TAKE THE MEDICATIONS THE DOCTOR HAS GIVEN YOU FOR INFECTION, PAIN, SWELLING AND BRUISING AS INDICATED.
6. AVOID FOODS THAT REQUIRE PROLONGED CHEWING; IT MIGHT HURT. OTHERWISE, YOUR DIET HAS NO RESTRICTIONS.
7. AVOID EXTREME PHYSICAL ACTIVITY. OBTAIN MORE REST THAN YOU USUALLY GET AND AVOID EXERTION, INCLUDING ATHLETIC ACTIVITIES AND INTERCOURSE.
8. BRUSH YOUR TEETH GENTLY WITH A SOFT TOOTHBRUSH ONLY. AVOID MANIPULATION OF THE UPPER LIP TO KEEP YOUR NOSE AT REST. BRUSHING IN THIS AREA MIGHT HURT.
9. AVOID EXCESS OF PROLONGED TELEPHONE CONVERSATIONS AND SOCIAL ACTIVITIES FOR AT LEAST 10-14 DAYS. THE USE OF GLASSES OR SUNGLASSES COULD POTENTIALLY CAUSE SOME PRESSURE ON THE NASAL TISSUES AND CREATE PROBLEMS. THE DOCTOR WILL DISCUSS THIS WITH YOU.
10. YOU MAY WASH YOUR FACE-CAREFULLY, AVOID THE DRESSING. TAKE TUB BATHS UNTIL THE DRESSINGS ARE REMOVED; THIS WILL BE APPROXIMATELY 5-7 DAYS AFTER SURGERY. AVOID GETTING THE NASAL DRESSINGS WET SINCE THESE MIGHT LOOSEN AND COME OFF. THERE MAY BE SPLINTS PLACED ON THE INSIDE OF YOUR NOSE, THE DOCTOR WILL INFORM YOU WHEN THESE WILL BE REMOVED.
11. AVOID SMILING, GRINNING, AND EXCESS FACIAL MOVEMENTS FOR ONE WEEK.