Laser & Cosmetic Surgery Specialists, PC
Ran Y. Rubinstein, MD

Post-Operative Instructions for Rhinoplasty

IN CASE OF AN EMERGENCY
1. During business hours: call the office @ **845-863-1772**
2. After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
3. **Avoid** going to the emergency room without contacting the office first for further instructions.

No HOT, WARM or COLD compresses. Use Ice packs over your eyes for the first 48 to 72 hours.

You can expect:
1) Initial nasal drainage for about 24 to 72 hours. Change "drip pad" gauzes under your nose as needed. Keep nostril clean and moist by sniffing in saline nose spray every few hours. In addition, using Q-tips, clean inside nostrils with peroxide followed by Polysporin antibiotic ointmentment application at least 3 times per day. Insert the Q-tips about 1/2 inch into your nose. Continue this routine for the next 4 to 6 weeks. Use a cool humidifier at night to decrease this discomfort of mouth breathing due to nasal congestion. You will feel congested up to 6 weeks from surgery.
2) Moderate discomfort-use pain medications as directed
3) Swelling and black and blue around your eyes, sometimes more on the second or third day after surgery than the first
4) Blood-shot eyes

Call the office if you have:
1) Severe pain not responding to pain medication
2) Prolong or profuse bleeding - soaking more than 3 drip pads per hour
3) If any other questions or problems arise.

No smoking for the first 7 postoperative days. Other than saline spray, no other nose drops for at least 10 days after surgery. If you happen to sneeze do so with your mouth wide open. Avoid bending over to pick things up. Bend your knees and slowly go down to the item and slowly stand up. This is to prevent nasal bleeding. Limit talking for the first three to four days. You may bathe (no showers) the day after surgery but avoid getting the splint wet. Shampoo hair with head back.

Patient/Family Signature   Nurse Signature

Ran Y. Rubinstein, MD   Date