**Rhinoplasty**

**Before Surgery:**

**\*\*DO NOT TAKE ASPIRIN, IBUPROFEN (MOTRIN/ADVIL), NAPROXEN (ALEVE), fish oil or vitamin E FOR 2 WEEKS BEFORE AND 3 WEEKS AFTER RHINOPLASTY. Tylenol is OK.\*\***

**Post-Op Care Instructions:**

External splint care:

* Keep your nasal splint and dressings clean, dry and intact.
* Avoid going outside for prolonged periods if it is hot and/or humid – minimize sweating
* Do not get the splint wet in the shower – may sponge bathe from the neck down
* Avoid standing in a hot, steamy bathroom
* Avoid taking large bites of food that require you to open your mouth widely
* Avoid hot liquids such as coffee or soup (warm is okay)
* Do not apply cold packs directly on the splint as they can cause condensation

Internal splint care:

* Use frequent (5-6 times a day) nasal saline spray inside the nostrils to minimize scabbing. Suggested over the counter brands are Ocean and Ayr.
* Additionally, a small amount of antibiotic ointment should be placed on the inside of each nostril carefully with a q-tip two times daily.