



PLASTIC SURGERY AUSTIN
Sanjay K. Sharma, M.D., F.A.C.S.

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.

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