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INSTRUCTIONS FOR HOME CARE AFTER RHINOPLASTY

PRE-OPERATIVE INSTRUCTIONS:

*You will receive and need to fill the following **prescriptions** prior to your procedure.*

**Valium**, relaxation aids in healing and some discomfort related to your procedure.

**Percocet**, to be used for severe pain only. This medication can be taken every 6 hours, however, some patients may experience nausea or constipation so we encourage Tylenol.

**Zofran**, fro nausea, if needed place under tongue.

*you will also need from the pharmacy prior to your procedure...*

**Tylenol ES, non-sterile 2x2 gauze and skin tape**

DIET: Start with fluids in a small amounts ON DAY ONE. On day two, work your way up to **drinking at least 1 gallon of fluids daily**. Cocoa-Cola, ginger ale and Gatorade and tea are good fluids to start with. No DIET! Avoid citrus juices, dairy products, and coffee for a few days as they can cause nausea.

Start eating slowly with bland, **soft, easy to chew foods** such as clear soups, toast with jelly, Jello, or crackers. A soft diet is recommended for the first week.

ACTIVITY: You should avoid any strenuous activities including any activity that causes you to bend at the waist putting your head in a dependent position until otherwise instructed. **Getting up and moving around the house is encouraged but don't over-exert.**

RESTING POSITION: Your **head must be elevated** on at least 3 pillows at all time until further notice.

DRESSING: The **nasal splint should be maintained** as is until you are seen in the office post-operatively and is removed by a member of our staff. You will have a "**drip pad**" consisting of a non-sterile 2x2 gauze taped under your nose. Drainage from the nose post-procedure is common. Please change the gauze as often as necessary over the next few days. You may or may not have **nasal packing**, which will be removed by our staff the day after your procedure. You will have crusting inside the nose. This will not affect healing. **AT NO TIME ARE YOU PERMITTED TO STICK ANYTHING IN THE NOSE. THIS CAN AFFECT HEALING.**

SHOWERING: **Do not shower or take a bath** until you are instructed to do so by Dr. D'Amico. The steam will cause the tape to lift off and your splint could become dislodged.

I acknowledge receipt of these instructions and have had all my questions answered.

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Signature

Date

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Signature

Date