

GUIDELINES FOR CLOSED RHINOPLASTY

During the first 24-48 hours following surgery, you must have a responsible adult remain with you to assist with your needs.

Supplies needed: saline nasal spray (over-the-counter), q-tips, hydrogen peroxide (over-the-counter), bacitracin ointment (over-the-counter), 4x4 gauze, medical paper tape.

For a closed rhinoplasty you will need to clean the inside of the nostrils (and along the outside of the nostril base if this area was narrowed) 3-4 times per day in the following manner: (1) Use a Q-tip dipped in hydrogen peroxide (over-the-counter) to first gently but thoroughly clean the sutures (stitches) (2) Dry the peroxide with a clean dry Q-tip (3) Apply a generous layer of Bacitracin ointment (over-the-counter). The cleaning process should involve the sutures along the inside lining of both nostrils (inside the arch of the nostrils). You should insert the Q-tip inside of the nostril up to the end of the cotton applicator tip to ensure proper cleaning.

There should be no scabbing at all along the nostril lining.

Following surgery, begin spraying saline solution (over-the-counter) into each nostril five (5) times to rinse the inside of the nose and keep it from drying out or scabbing. You will continue this routine for at least several weeks after surgery.

Do NOT blow your nose – especially after the rinsing routine noted above. If you sneeze, open your mouth to divert the airflow away from the nose.

Avoid any pressure on the nose. This includes avoidance of cold compresses. This also includes no eyeglasses and no sunglasses until cleared by Dr. Hilinski.

Sleep with the head elevated 20-30 degrees. Use a travel pillow or place pillows on both sides of the head to avoid accidentally turning over on your nose.

Do NOT get the cast and/or tape wet at all. Showering from the shoulders down is fine.

Change the drip pad below the nostrils as needed. Of note, a slight amount of bleeding and/or oozing is normal during the first 2-3 days.

Start with a liquid or soft diet during the first 1-3 days and transition to a normal diet thereafter.

Avoid any strenuous and/or vigorous activity until cleared by Dr. Hilinski.

Begin taking the pain medication and antibiotics as directed. Continue taking Arnica as directed for another week after surgery. Continue to refrain from using any medication on the restricted medication list.

If Dr. Hilinski performed an ear graft or temporal fascia graft, make sure to apply ointment to these incision lines three times per day. Be careful to avoid pulling the ear forward when placing the ointment. You do NOT need to clean these incisions with hydrogen peroxide.

Confirm a follow-up appointment with Dr. Hilinski's office.

Call our office in the meantime if you have any additional questions or concerns.

In case of an emergency, call 911 for immediate assistance.

I ACKNOWLEDGE UNDERSTANDING OF THE ABOVE _____ (PATIENT SIGNATURE)