

LLOYD D LANDSMAN MD

plastic & cosmetic surgery ≡≡≡

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Post Operative Instructions

Procedure: Rhinoplasty

1. You must spend the first evening following your surgery with a responsible adult.
2. Postoperative pain should be mild to moderate. Take the pain medication prescribed as directed. Be sure to take the phenergan with the pain medication in order to minimize postoperative nausea.
3. No packing is used unless you have had surgery on your septum or turbinates.
4. A splint will be placed on your nose; it will be removed at your first postoperative visit.
5. If you should have a fever of greater than 101.6 F, please notify the doctor immediately.
6. The gauze at the front of your nose may be changed as often as needed. You may discontinue this dressing when all bleeding from the inside of your nose has subsided. This usually takes 24 hours.
7. Expect to have swelling and discoloration around your eyes. This should resolve one to two weeks following surgery. In rare cases, the blood pigments deposited under your eyes may take several months to resolve.
8. The nose will be swollen and the final contour of your nose will take up to 6 to 9 months to appear. This is particularly true for the tip of the nose.
9. Do not blow your nose until after your first postoperative visit. Gently clean the inside of your nose with a Q-tip and warm soapy water if necessary.
10. You may bathe the day after your surgery. You may wash your hair in the sink. Do not get the facial dressing wet.
11. The stitches at the base of your nose will be removed at your first postoperative visit.
12. Your first postoperative visit will be on _____.
13. If you should have any questions or have problems, please call the office immediately at 631-864-4111, and the doctor will return your call as soon as possible. DO NOT USE EMAIL FOR EMERGENCIES.