

Home Care after Rhinoplasty / Septoplasty / Nasal Fracture

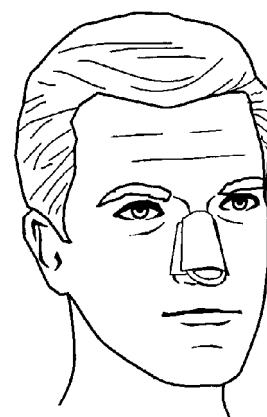


Please read these instructions in addition to those listed on the **General Home Care after Plastic Surgery** instruction sheet that you received.

- Expect bruising of your eyes and face for 7-10 days. Expect swelling of your nose for several weeks after surgery.
- Keep your head elevated, by sleeping on extra pillows, or preferably sleep in a recliner for 48-72 hours.
- Leave the splint in place until removed by your doctor.
- Expect some drainage from your nose. If you have packing, expect to have a funny feeling in the back of your throat.
- If you have a nosebleed, apply cool compresses and gentle pressure across middle of the nose. If bleeding continues at a significant rate, more than the expected drainage, for more than 10 minutes, call our office.
- If you have packing in place, it will be removed in 24 - 72 hours. Packing will be removed on your first visit to the doctor after the surgery. If your packing accidentally comes out, do not worry.
- If you need to sneeze or cough, do so with your mouth open.
- Do not blow your nose, just dab it.



Before Rhinoplasty



After Rhinoplasty with temporary dressing in place.

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision, and language needs, call (614) 293-3191.