

RHINOPLASTY POST OP INDICATIONS

DR. RAUL LOPEZ CERTIFIED PLASTIC SURGEON

GENERAL CARE:

- Avoid physical effort, do not carry heavy objects or exercise.
- Bed rest the first 24 hours is recommended. Preferably lying with your head up with 2 or 3 pillows, you cannot lie on your stomach or side (unless indicated by the doctor)
- Avoid sexual intercourse the first week.
- DO NOT SMOKE for at least 2 weeks after surgery.
- Do not drink alcoholic beverages while taking antibiotics.
- The first few days when walking and going to the bathroom, staying with a family member.

BATH AND GENERAL CARE:

- You may shower 24 hours after surgery
- A shower bath is recommended, avoiding wetting the nasal splint.
- While the nasal splint is on, you may have your hair washed beauty salon fashion. with a towel over your head. Take care to prevent the nasal splint from getting wet. Keep nasal splint intact and dry UNTIL removed by your doctor.
- It is normal that after the operation the nose is "stuffy" and you cannot breathe, the first days, this is due to inflammation.
- It is normal to continue to swell after the first 48 hours. Swelling reaches its peak at 48-72 hours.
- After removing nasal plugging, Steri-Mar nasal spray can be used 3-5 times a day to keep the nose clean and patent.
- To reduce eyelid inflammation, place a bag of Ziploc with crushed ice on top of eyelids.
- You will probably have a bloody nasal discharge for 3 - 4 days and may change the gauze under your nose as often as needed. Do not rub or blot your nose, as this will tend to irritate if. You may discard the gauze and remove the tape on your cheeks when the drainage has stopped, it is recommended to use a gauze taped with micropore tape during the first days.
- The incision of your nose is sensitive to sunlight after surgery. Protect the incision line from sun exposure. Use Sunscreen (SPF of 30 or more) or wide brim hats to avoid sun exposure. protect if you are in the sun, in water or on snow for prolonged periods.
- Do not introduce any objects into the nose (pick your nose), cleaning should only be external with a Q-tip and hydrogen peroxide.
- You must sneeze with your mouth open and do not tilt your head (if you must do so you must bend your knees)

EYEGLOSS WEAR:

- After the splint is removed, do not wear glasses or allow anything else to rest on your nose for 8 weeks. Glasses should be taped to the forehead or worn over the nasal splint.
- Contacts can be worn as soon as the swelling has decreased enough for them to be inserted.

FOOD

- Avoid junk food
- Eat 3 times a day (you can eat fruit between meals).
- Drink plenty of liquids.
- If you suffer from constipation, we recommend foods rich in fiber (Plum Raisin, All Bran or Metamucil) or take a mild laxative.
- DO NOT EAT IN EXCESS
- A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.

MEDICATIONS

- Take an antibiotic and pain reliever as indicated in the prescription
- Do NOT consume alcohol while on medication
- If necessary, also take TYLENOL 500 mg every 6 hours.
- DO NOT TAKE ASPIRIN.

Items to purchase before or after surgery

- **Arnica Tea and / or Arnica Capsules:** It is recommended that you take Arnica tea 5 days before your surgery and / or take Arnica SinEcch capsules 1 day before surgery and after. You can buy it in our office the day before or of your surgery. Arnica is an herbal supplement that serves as an aid in the treatment of inflammation or bruising. (Arnica capsules (14 in a box) for \$40)
- **Saline Nasal Spray (Ocean or Air Nasal Spray)-** You may also purchase this product with your medication the day of surgery.
- **SPF-30 or greater-** The incision of your nose is sensitive to sunlight after surgery. Protect the incision line from sun exposure.
- **Stool softener** -It is fairly common to get constipated with medications after surgery, we recommend you use a mild laxative. You can purchase;Ducolax, Miralax, Metamucil, or Peri-Colace or a mild laxative of your preference. These should be started the day after surgery.
- **Oral Thermometer** -It is important to monitor your temperature after surgery in the event that you feel "feverish" or hot. You have a fever if you have a temperature above 101.5.
- **Q-tips**
- **Hydrogen peroxide.**
- **Additional drip pads or gauzes (optional)-** We will provide a small pack of gauzes before you leave, please have additional gauzes in case you have a bloody nasal discharge.
- **Micropore Tape (optional)-** During your revisions, we will be changing your nose tape, you have may purchase an additional micropore tape to wear 2 weeks after surgery.

What to Expect:

- The tip of the nose sometimes will feel numb after rhinoplasty and occasionally the front teeth will feel numb or “funny.” These feelings are normal and will gradually disappear.
- Swelling and bruising of the nose and under eyes
- Much of the swelling will be gone in 2-3 weeks after surgery. It often takes approximately 1 year for the last 10% of the swelling to disappear.
- Your nose may feel stiff when you smile and not as flexible as before surgery. This is not noticeable to others and things will gradually return to normal.

SUTURES, INTERNAL GAUZES, SPLINT

- External nasal splint will be removed at your first revision (5 days after surgery).
- External sutures will be removed at your first revision appointment.
- Internal sutures will be removed at either your first or second revision appointment.
- At your first revision, your doctor or out team will show you how to tape your nose. Tape every 3 or 4 days for 2 weeks, or as directed by your doctor.

Post Op Revisions
Day of or 24 hours after surgery - internal gauzes will be removed
5 Days after surgery- First revision, splint and outer stiches will be removed (possibly internal stiches as well)
8 Days after surgery - Second revision- internal stiches will be removed
Additional follow ups will be scheduled and indicated by Dr. Lopez, either physical or via video calls

It is important to be seen by Dr. Lopez after your initial post-op revisions and follow ups

- If you are from out-of-town and cannot see Dr. Lopez at the recommended frequency, then it is strongly advised that you let your doctor know for further specifications.
- Call to schedule your appointments at +52 (899) 9225563 between the hours of 9:00 AM and 3:00 PM the day Dr. Lopez indicates.
- Keep us updated via WhatsApp or call our office if you have any questions. You may also send us pictures of your progress after your revisions.

Recovery Time

- The surgery duration is 1-2 hours
- time discharged less than 24 hours after surgery
- Time to recover (patient must rest but move, walk every hour) 24 hours
- Time with a splint- 5 days
- Time with tape- 2 weeks
- Time to go back to work (office job) 5-6 days after surgery
- Time to lift more than 10 pounds- 1- 3 weeks after surgery
- Time to start light exercises- 3-4 weeks after surgery
- Time to start intensive exercises- 4-6 weeks after surgery
- You can drive after 5 days after surgery



EMERGENCY CONTACTS

Warn in case of fever, vomiting or loss of consciousness, have a fever above 101.5 or any doubt to the following telephones:

Please **CALL** Dr. Lopez

USA DIAL CEL: (011521) 8999362500 Dr. Raul Lopez

USA CEL: (956)4911400 Dr. Lopez

USA CLINIC: (01152) 8999225563

MEX CEL: (044) 8999362500

MEX CLINIC: 8999225563

Office CONTACT

WhatsApp Office: 8991061060

