



ARMANDO J. ALFARO, M.D., FACS

PLASTIC & RECONSTRUCTIVE SURGERY

**RHINOPLASTY
(NASAL SURGERY)
AFTER CARE INSTRUCTIONS**

- 1. While in bed, keep your head elevated on 2 pillows for the first week.**
- 2. During the day for the first 3 days after surgery, apply a “baggie” with crushed ice, to minimize swelling and bruising. It is normal to continue to swell after the first 48 hours.**
- 3. You will probably have a bloody nasal discharge for 3-4 days. You may change the drip pad under your nose as often as needed.**
- 4. To prevent bleeding, do not blow your nose for the first 2 weeks after surgery. Try to avoid sneezing, but if you do, sneeze through your mouth.**
- 5. Keep the inside edges of your nostrils and any exposed stitches clean, by using a wet q-tip followed by a thin coat of Bacitracin ointment. This will prevent crusts from forming.**
- 6. Dr. Alfaro will remove the nasal splint in 7 days. Take care to prevent the nasal splint from getting wet.**
- 7. After the splint is removed, do not wear glasses or allow anything to rest on your nose for 4 weeks.**
- 8. Saline nose drops (Ocean or Ayr nasal spray) can be used to decrease crusts within the nose.**
- 9. Avoid strenuous activity for the first 3 weeks after surgery.**
- 10. You will have numbness of the tip of your nose for several months. Most of the swelling will be gone in 2-3 weeks after surgery. It may take up to 1 year for the last 10% of the swelling to disappear.**
- 11. You will be prescribed pain medication following your surgery. Take the medication as needed form pain.**
- 12. If you have any questions during office hours, please call our office at (520)-323-9720. After hours and on weekends, you may call our emergency number (520)-570-7023 and the operator will contact Dr. Alfaro immediately.**