Do you want to know?

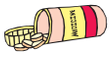
Rhinoplasty

D05
sheet 1/1

What is it?

Rhinoplasty is the repositioning of the nasal skeleton and soft tissue to improve the function and the appearance of the nose.

What do you need to know?

Drugs 

Take medications (antibiotics, painkillers) as prescribed by your physician

Diet

Resume food intake as tolerated.

Activity

Avoid strenuous activity for 3 to 4 weeks post surgery.

Therapeutic Measures

- Avoid blowing the nose for 48 hours after packing is removed. Pressure on the nose may result in distortion of the nose.
- Avoid constipation and vigorous coughing for 1 to 2 weeks until healing occurs.
- Do frequent mouth care. The presence of old blood in the mouth, dryness of the mouth due to mouth breathing, and the loss of ability to smell lead to a decrease in appetite.
- Apply dressing under nose to catch nasal drainage. Change it when necessary.
- Keep the plaster cast dry. Take a bath instead of a shower.
- Do not manipulate or handle the splint. Manipulation of the cast may cause movement of underlying structures; this may lead to bleeding or disruption of alignment.
- Irrigate nostrils with saline as instructed.
- Report to the physician the following symptoms: high temperature, unusual pain, persistent swelling and discoloration of the nose and around the eyes, and bleeding from the affected site.

Considerations

- Expect the nose to be packed for 24 to 48 hours.
- Expect face to be discolored around eyes and nose for several days.
- Expect stools to be tarry for several days due to the presence of postnasal blood drainage.
- Avoid sun exposure and use sunscreen when going out.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

© 2005 American University of Beirut Medical Center