



**Plastic, Reconstructive & Aesthetic  
Surgeon**

**POST-OP INSTRUCTIONS**

**Rhinoplasty**

## Rest

- Go home and rest. Elevate head on 4-5 pillows for the first week (to reduce swelling.)
- When resting, flex calves by pointing toes towards ceiling then towards ground. This will maintain leg circulation reducing the risk of clots in your legs. Do this 10 times per hour.
- Do not bend over but rather squat down to reduce the risk of bleeding.
- Have cold food & fluids only on the day of surgery. The following day you can have a soft diet.

## Bleeding

- Minor bleeding is normal for first 24-48hrs post op.
- A nasal bolster can be used to assist with absorbing the ooze. This is usually removed the day after surgery.
- Old dark coloured blood may come from your nose at 5-7 days.
- Heavy or prolonged bleeding contact Dr Belt on the numbers on the back of this pamphlet.

## Wound Care

- Keep the plaster on your nose dry and intact until review by your doctor. **Do Not** remove the plaster – the doctor will do this at your first appointment.
- Apply cold packs to your eyes for 7 days to reduce swelling & bruising. Heavy bruising is normal.
- Temporary numbness of the nose is normal.
- You will be unable to breathe through your nose for 5-7 days. Packs may be inside your nostrils. These may be removed at day 2-3.

- Avoid blowing your nose for 4 weeks. Do not suppress sneezing.

## Pain Relief

- Anaesthetist will provide a script for pain relief sufficient for one week. If you run out, Panadeine should be sufficient.
- Do not take Aspirin or NSAIDS (unless prescribed) as it prolongs bleeding.
- If these do not provide adequate pain relief contact Dr Belt on the numbers on the back of this pamphlet. The pain usually subsides after the first or second day.

## Infection

Wound infection is an infrequent occurrence. Contact Dr Belt if your experience:

- Increased pain, temperature and flu-like symptoms.
- Widespread redness.
- Offensive discharge coming from your wound.

## Exercise

- Avoid strenuous lifting, aerobic exercises and swimming for 4 weeks post operatively.
- Try gentle exercise i.e slow walking.
- Do not drive a motor vehicle for 7 days post op.

## **Emergency**

*At any time during office hours my Registered Nurse – Sally, is available to help with any concerns you might have pre & post operation. In the uncommon event that you cannot contact Dr Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.*

## **Contact Numbers for Dr Belt:**

**Office: 07- 3852 6800**

**Mobile: 0414 752 358**

Pacific Plastic Surgery Clinic is located at:  
Level 1, 38 Misterton Street  
Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.

