

PAUL D. DURAND, M.D.
PLASTIC SURGERY

Post-op Instructions

Rhinoplasty

Medications you *HAVE* to take:

1. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
 - Start first dose the night of your surgery day.
2. **Medrol pack (methylprednisolone)** – steroids, these help with inflammation and swelling after surgery.
 - Start on the morning after your surgery.
 - Instructions are on the back side of the packet.

Medications you can take *as needed*:

3. **Hydrocodone or Tylenol #3** – pain medication, take only as needed every 6 hours.
 - Take this medication with a stool softener as it will constipate you.
 - If pain is controlled, it is best to just take Tylenol instead.
4. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
5. **Mupirocin ointment** – antibiotic ointment, see below for instructions.

Start the night of your surgery:

- Sleep with the head of the bed elevated or on several pillows to help with swelling.
- Keep the splint dry.
- Can change the “drip pad” as needed, ***bloody drainage from the nose is normal for the first few days!***
- Soft diet – shakes, soups, lots of liquids, low salt.
- Can take your first dose of antibiotics that night after eating something.

The morning after your surgery:

- Continue sleeping with the head of the bed elevated for 2-3 days.
- Start the Medrol steroid pack that morning.
- May slowly start transitioning to your regular diet.
- Ok to shower from the neck down.
- Need to start the easy cleaning instructions on next page.

***Easy cleaning instructions:**

1. **Hydrogen peroxide** cleaning of incisions and crusted blood –
 - a. Use Q-tip dipped in hydrogen peroxide to clean the inner rim of your nostrils. The Q-tip should not be inserted into your nose more than the cotton part of the tip. Clean the alar base sutures as needed if you have a blood-like crusting on your alar rim sutures.
 - b. Do this 3 times a day every day until your splint removal.
 - c. At the end of the cleaning, you should not be seeing any major crusting, scabs, or dry blood.
2. **Mupirocin** ointment to incisions inside and outside the nose where you have used the hydrogen peroxide mix above. Make sure all incisions, especially the one in the skin between your nostrils (columella) are always moist. Apply at least 3 times a day.

After splint removal (at approximately 1 week after surgery):

- Continue cleaning the inner rim of your nostrils and incisions and applying the **mupirocin** for at least 2-3 weeks.
- Use **saline nasal spray** 8-10 times daily. **The more the better.**
- ***DO NOT BLOW YOUR NOSE FOR THE FIRST 6 WEEKS!***
- If you have allergies, also use **Nasacort or Flonase** for allergy relief morning and night 2 puffs each nostril for 6-8 weeks. Flonase is over the counter.
- Continue to wear and re-apply tape for 3-6 weeks post op. Tape needs to be changed every 5-7 days. You can continue to shower and wash your face normally. It is okay to get these wet.