

## Post-Operative Instructions / Rhinoplasty:

### Typical symptoms and signs to watch for following nasal surgery:

**Swollen, tight and bruised nasal and cheek region included bruising and swollen eyes. Nasal stuffiness, post-nasal drip and headache. Numbness or swelling in the region of the nose lips and cheeks.** These are normal experiences as the skin, facial bones, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort.

**Consistent sharp pain should be reported to our office immediately.**

**To alleviate any discomfort, and to reduce swelling, you may apply soft, cool (not cold) compresses over your eyes and nose.** Do not apply ice or anything frozen directly on the skin. Do not apply anything cool on your cheeks or neck. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply any compress gently; do not apply any pressure. Apply cool compresses for no longer than 20 minutes intervals. Do not apply any heat.

### **CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

- A high fever, (over 101-degree) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Excessive bleeding or fluid seeping from the nose or mouth.
- A severely misshapen appearance, excessive bruising or fluid retention that is localized to the side of your face or nose.

### **SPLINTS**

You may have a splint over you nose to protect and support nasal structures as you begin to heal. **Do not remove this splint for any reason,** unless directed specifically by Dr. Gracia.

### **PACKING**

Nasal packing may be used to help support nasal structures during initial healing and to prevent drainage from secreting into your throat. **Do not remove packing for any reason,** only Dr. Gracia can remove your packing.

Walter D. Gracia, MD, PA  
BOARD CERTIFIED  
(617) 331-4450  
graciaplastics@me.com