

Rhinoplasty

The Atlantic Center of Aesthetic & Reconstructive Surgery continues as the center of excellence in South Florida for rhinoplasty. Both men and women are taking advantage of the numerous modalities available to them for rejuvenating their facial appearance. **Dr. Eric Stelnicki , Dr Yates and the Atlantic Center** team takes a multi-technique approach to addressing the problems of facial aging. Some 200 to 300 different techniques are described in the plastic surgery literature, not all of which are applicable to every patient. Yet it is important to have an understanding as to how these different techniques work, in order to optimize the results for an individual patient based on patient's skin type, age, sex, race and overall need.

Rhinoplasty Post-operative instructions

The first 24 hours should be spent mostly resting at home with minimal physical activity (no bending or lifting), to prevent the possibility of excessive bleeding.

-Use ice compresses across the eyes to minimize swelling and bruising.

-Sleep with head elevated using 2-3 pillows as needed.

-A regular diet is permissible providing there is no nausea.

-The gauze "drip pad" under your nose should be changed as it becomes soiled. These "drip pads" will be provided for you.

If internal nasal packing was used, you will not be able to breathe through your nose. This packing **MUST** be left in place and will be removed at your post-operative visit. **Should you develop a fever of 100.5 or greater and a rash, contact your physician immediately (day or night).**

Some bleeding, swelling and bruising is normal and to be expected following surgery. If you have any unusual or excessive bleeding, sudden swelling with bulging or unusual bruising, contact your physician immediately.

If you have any questions or need further information, please do not hesitate to call the office.

-You may shower the next day after your surgery. Avoid getting your nose wet.

-You will need to return as instructed for your post-operative follow up appointment.

These are general guidelines. Your doctor may have additional instructions.

Follow his/her recommendations.

Post-op care for outpatient

VERY IMPORTANT: If you have EXCESSIVE bleeding, pain, nausea, vomiting, fever, sudden enlargement of your breasts, rashes or difficulty breathing call the office at (954) 565-7575

Your first 24 hours: When you go home, a family member or a responsible adult must drive you because you have been sedated. A responsible adult should remain with you for 24 hours. If

you have any questions about these matters, please ask one of our nursing staff. Under no circumstances are you to drive for 24 hours.

When in bed lie on your back with two or three pillows under your head and shoulders for 72 hours.

After discharge GO DIRECTLY HOME TO BED.

You may get up and go to the bathroom only with the help of a family member or friend. If you feel dizzy or faint when walking or on the toilet you must lie on the floor until you feel better. Otherwise you will faint which could cause serious injury.

DRESSINGS: Wear your surgical gown at all times for the first 7 days.

BLISTERS: If you feel itching, pulling or redness under the dressing paper tapes, you must lift the tape from the skin otherwise it may develop a blister. If a blister develops it must be covered with an antibiotic ointment at all times, preferably **Bacitracin**. **DO NOT apply hydrogen peroxide to the blister.** Even though this area will look red for quite a while it will usually heal without residual. This area must be covered with a sunscreen 30 SPF for three months otherwise it could result in a pigmented area.

ACTIVITY: Take it easy and pamper yourself. Try to avoid any straining. You may go to the bathroom, sit and watch TV, etc., but no matter how good you feel, **DO NOT** clean the house, rearrange the attic, etc!!! **DO NOT** do any form of exercise. We do not want you to bleed and cause any more swelling and bruising this is unavoidable. Do not lift anything heavier than 5 pounds including children.

DIET: If you have any post-operative nausea, carbonated sodas and dry crackers may settle your stomach. If nausea is severe, call your doctor. If you feel normal, start with clear liquids and bland foods, and if those are well tolerated, progress to a regular diet. Try to drink as much fluid as you can in the first 48 hours, as optimum hydration will alleviate a lot of nausea. Gatorade is excellent for this purpose. Eat before taking pain medications and antibiotics. Avoid heavy, greasy and spicy foods for 24 hours after the surgery.

NARCOTICS: The pain medications you have been prescribed are narcotics. These medications can make you extremely nauseated. If you cannot tolerate these medications, take extra strength Tylenol, two at a time, but no more than eight a day. Also use the muscle relaxant given to you. This will significantly decrease your pain.

CONSTIPATION: The narcotic pain medications can make you constipated. You may take any mild laxatives.

SMOKING: Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 14 days after surgery.

ALCOHOL: Alcohol dilates the blood vessels and could increase post-operative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

DRIVING: Please don't drive for at least 5 days after general anesthesia or intravenous sedation or while taking prescription pain pills.

POST OPERATIVE APPOINTMENTS: It is very important that you follow the schedule of appointments we establish after surgery.

DO NOT take Aspirin, Motrin, or similar products.