



MICHIGAN FACIAL AESTHETIC SURGEONS

Look
as Good
as
You Feel

RHINOPLASTY

POST-OP INSTRUCTIONS

- ▶ Elevate your head to 45 degrees to help with any swelling and bruising.
- ▶ Use frozen washcloth compresses (folded into a rectangle) and drape them over the eyes and nose. Replace every hour that you can. This will help tremendously with any swelling and bruising. Wet the washcloths, fold them into a rectangle and freeze them. Have plenty on hand for the next 4 days.
- ▶ **FILL YOUR NOSE** with bacitracin salve 3x a day for the next 2 weeks. This keeps the inside of the nose clean and allows sutures to melt away nicely.
- ▶ Drink plenty of water – drink liquids for the next two weeks to help hydrate after anesthesia is removed from the body.
- ▶ Please take your Arnica and TXA (if prescribed) as directed post procedure.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature

Date