
First Follow Up Reminders – Rhinoplasty

Hygiene

- It is okay to shower and get face wet after splint is removed.
- No restrictions are necessary for make-up.
- No “Biore Strips” (Black head removal strips) after your Rhinoplasty for at least 3 months.
- Purchase non-medicated Ocean Saline Nasal Spray (or equivalent) and starting 3 days after your surgery gently spray 2 puffs on each side, followed by GENTLE sniffing, to soften up the dry blood and crusts inside your nose.
- Brush your teeth with a baby toothbrush. Use a small spoon and fork to eat. Use straws to drink.

Healing

- Swelling, pain, sensitivity, and bruising are normal. A bruise dissolves from black to purple, and then green to yellow, then it disappears. The healing process for a bruise is not the same for everyone. Some people are easy bruisers and take longer.
- Swelling continues to go down for many years later. It can take 3-5 years for your final results.
- Switch from ice compresses to warm compress for ten minutes twice a day.
- Skin on the nose may be oily or sticky for some time. It also may be dry and peeling. That is normal. Do not aggressively rub, massage or wipe your nose after the Rhinoplasty for at least 4 weeks.
- Gentle intimacy is okay if you are comfortable after 2 weeks.
- Smiling pushes the nasal tip down prematurely. Avoid excess smiling for 2-4 week. The tip position will drop down a bit over time and you do not want to accelerate that process.

Taping At Night

- Taping can help mold or position the nose as it is going through the healing / edema phase. In some cases, it may help prevent the formation of scar tissue to the nose. In type 1 taping, patients place a single strip of tape over the supra tip of the nose.

Clothing

- You should not wear eye glasses & sunglasses for one month. You may wear contact lenses at any point.

Exercise

- 2 weeks → Brisk walking
- 3 weeks → Stationary bike
- 4 weeks → Elliptical, Pilates, Stair master, & Yoga
- 5 weeks → Running, weight training, muscle toning

5454 Wisconsin Ave, Suite 1710, Chevy Chase, MD 20815 Tel: 301-244-0277
8200 Greensboro Dr, Suite 120, McLean, VA 22102 Tel: 703-345-4377

www.WashingtonianPlasticSurgery.com
Voice 888-903-2362 Fax 888-406-4432