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Post operative Instructions Rhinoplasty

The night of surgery

You can expect to have pain in the area around the nose and even a headache. There will be swelling and may be some mild bleeding from the nose. For your comfort we recommend:

1. Keep your head elevated
2. Take extra strength tylenol every 4 hours
3. Take a medication like gravel 30 minutes before taking your prescribed pain medication to avoid nausea and vomiting.
4. Take the pain medication as prescribed around the clock for 48 hours
5. Avoid leaning forward or down with your head
6. Do not blow your nose

Please contact us immediately if you experience any of the following

- you have a fever of > 38.5
- severe nausea or vomiting
- are experiencing hallucinations or unusual behaviour
- your pain is not controlled with the pain medication
- excessive bleeding
- difficulty breathing

You can contact Dr Gdalevitch directly at 514-995-7320

The day after surgery

- You will see Dr gdalevitch to remove your nasal packing if needed
- You can expect the pain to decrease towards the 48 hour mark.
- It is best to keep your head elevated as much as possible to prevent swelling
- You can shower 48 hours after surgery
- You must keep your splint on for 1 week

Follow up and healing

- You will be swollen for 1-2 months
- You may have black eyes
- You should rest for 1 week
- You will have a follow up appointment with Dr Gdalevitch in 1 week to remove your stitches
- You can leave the house after 1 week with make up
- Your final result will not be evident until 1 year after surgery