



# THE MICHAEL HORN

## CENTER FOR COSMETIC SURGERY

### Rhinoplasty (with or without Septoplasty) Home Care Instructions

Dr. Horn has a very dedicated nursing staff to help make sure you are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

#### **After-surgery appointment schedule with nursing staff:**

1. **Initial follow-up appointment:** will be an **in-office** visit, one day after surgery. At this time, your incisions will be checked and packing
2. **Second follow-up appointment:** will be **in-office**, one week after surgery. At this time your splint will be removed; your splint must be kept dry until this time.
3. **Third follow-up appointment:** will be **in-office**, six to ten weeks after surgery. This appointment timing will-be-determined by your recovery progress.

#### **Medications:**

**Arnica:** *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery- Dissolve 5 tablets under tongue 3 times daily for 5 days.

**Keflex (Cephalexin) 500mg:** *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

**Celebrex (Celecoxib) 200mg:** *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

**Norco (Hydrocodone/Acetaminophen) 5mg/325mg:** *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

**\*\*\*\*\* Please note:** Opioids can be addictive and have negative side effects, including constipation. If you are in need of additional pain relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day)

**Allergies:** If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

**Medication Usage:** Take pain medication with food. Pain medications and decreased activity can cause constipation. Eating fresh fruit (not bananas) can help prevent constipation naturally. If needed you can purchase an over-the-counter stool softener or laxative from the pharmacy.

**DO NOT take aspirin or aspirin containing products for four weeks after surgery; this includes Motrin/Advil/ibuprofen. Tylenol is a good substitute when needed for pain relief.**

**Swelling:** You will have swelling that will gradually decrease over time. You will continue to see changes to the appearance of your nose up until one year. Light massage on the bridge of your nose is okay if instructed by Dr. Horn and/or his care team.

**Diet:** Clear liquids, soft or light diet day of surgery. Resume regular, **low salt** diet the following day. (Salt causes water retention and will cause increased swelling.) A healthy diet and exercise regimen are important in maintaining your result.

**Nasal Care:** Nasal packing will be removed in the office the day after surgery. You may change the mustache dressing (drip pad) as needed. If necessary, you can **very lightly** blow your nose after your packing is removed. After the packing is removed, start using Afrin drops, as indicated on the drug package insert. Please leave nasal splint intact and in place. Stitches and splint will be removed in the office one week after surgery.

**Bathing:** You may shower 24 hours after surgery, but **keep splint dry!**  
No swimming for two weeks.

**Activity:** No heavy activity for one to two weeks, then increase activity as tolerated. No contact sports for one month.

**Driving:** You may resume driving when you are no longer taking prescription pain medication and you are able to sit comfortably behind the wheel and perform all motions necessary for safe driving.

**Topical Treatment During Recovery:** You need to keep the area surrounding the incision moisturized with either Vaseline or Aquaphor, avoiding the Steri-strips. You may also purchase from our office the following recommended topical:

**Alastin Regenerating Skin Nectar**

Begin using immediately after steri-strips have fallen off

Cost: \$195 plus tax

**Recommendations for scar care:** Scar care can begin six weeks post-operatively. We do not recommend applying any topical treatments that address scarring, including the ones listed below, until you are six to ten weeks post op.

**NeoCutis BioGel Moisturizing HydroGel:** Visibly diminishes the appearance of scars. *Instructions:* Apply to affected area twice daily. Cost: \$178 plus Tax

**BIOCORNEUM by Sientra:** Crosslinked silicone that visibly diminishes the appearance of scars. *Instructions:* Apply a thin, even layer twice daily. Cost: \$143.95 plus Tax

**PCA Pigment Gel:** Skin lightening cream. *Instructions:* Apply to affected area once daily at night (six weeks after surgery) Cost: \$64 plus Tax

**Special Instructions:**

- Sleep with head elevated (two to three pillows) for three to four days after surgery.
- Apply ice compresses to eyes after surgery help to decrease swelling and bruising under eyes.
- No Sunglasses until six to eight weeks after surgery
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

**What To Expect:**

- After surgery, particularly during the first 24 hours, your face will feel puffy.
- A small amount of bleeding is common during the first few days.
- A splint is applied after surgery and stays for seven days.
- You'll have minimal postoperative pain; your nose may ache and you may have a dull headache.
- Feeling depressed is normal.
- Temporary swelling and bruising around eyes and nose will increase and peak after to two to three days. Most swelling and bruising should disappear in about two weeks. Some subtle swelling (noticeable only to you) will remain for several months.
- Some numbness may be present around the operative areas.
- Black eyes and swollen nose and eyelids for one to two weeks.
- You may experience some discomfort with breathing.
- Swollen nasal tissues may cause nose to seem "stuffed up" for several weeks.

**Appearance:**

- Your new nose looks better in two to three weeks and usually continues to improve for many months.
- Nasal tip drops to its permanent position in six months.

- Final and complete results may not be apparent for a year or more.
- If you have nasal splints, they will be removed after five to seven days.
- Sutures are dissolvable; typically they dissolve within one to two weeks.
- Follow-up visits should be maintained

**General instructions:**

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

**In case of:** Continuous or Heavy Bleeding  
Difficulty Breathing  
Fever/ Chills  
Continuous Nausea and Vomiting  
Excessive Drainage from Surgical Area

**Contact Dr. Horn or the clinical staff immediately.**  
**During business hours, call the office at 312.202.9000. After hours, page Dr. Horn.**