

**RHINOPLASTY**  
**Dr. Kirkpatrick**  
**Post-Operative Instructions**

1. Keep head straight and elevated on 2 pillows for the first 48 hours.
2. If you notice any unusual localized swelling, excessive bruising or drainage in an area that is new, please call the office as soon as possible.
3. Take all medications and as prescribed.
4. When bending, bend at knees only – not with head down. Do not engage in any activity that causes blood to rush to your head for 2 weeks after surgery. When sneezing try and sneeze with your mouth open.
5. Intermittent discomfort may occur during the first month after surgery as part of the healing process.
6. You can shower 2 days after surgery, please use a mild shampoo.
7. No strenuous activities or exercise of any kind permitted for one month. You may start non-impact, lower body exercises after 3 weeks. Increase your activity slowly.
8. No makeup for 1 week.
9. Obvious bruises and swelling subside in 2 weeks. Some swelling may persist longer. Do not lie face down for one month.
10. Avoid sun and use a sunblock product when outdoors, for 6 months post operatively.
11. Driving and flying are permitted after one week. Do not drive until off narcotic pain medication.
12. Swelling and bruising are a normal part of the recovery process and will begin to subside one or two weeks after surgery. Excessive or uneven swelling should be reported to the office. Any excessive bleeding, pain or hardness should be reported to the office immediately.
13. No aspirin or aspirin containing products, and no Vitamin E to be taken for 2 weeks before and after surgery. You may apply Arnica Gel twice a day to any bruised area to facilitate healing.
14. Drink copious amounts of fluids to keep hydrated. Eat a balanced diet rich in protein and vitamins. Start walking with help if necessary, beginning the night of surgery to prevent blood clots in the legs. If taking narcotic pain medication, supplement with prune juice or over the counter stool softer to avoid constipation.