

Rhinoplasty Cleaning!

Clean the entrance of nostrils with a Q-tip and Hydrogen Peroxide. Then use a Q-tip and apply a thin layer of Vaseline on the same areas DO NOT clean past the entrance of the nostril. If you have an outer incision, follow the same instructions for incision. Do this 6 times daily starting on DAY ONE.

Use Nasal Saline Spray every 30 minutes. Make sure to taste in the back of your throat, if not, reuse. Ice as often as possible for the first 3-4 days to reduce swelling.

