

RHINOPLASTY POSTOPERATIVE INSTRUCTIONS

Day	Begins the day after surgery	Times per day
1	Shower and rinse hair with warm water DO NOT USE SHAMPOO TODAY	
1	Facial cold compress (DO NOT apply directly to face, use barrier)	
1	Facial Cleanser (DO NOT use wash cloth – pat dry)	
1	Antibiotic as DIRECTED! Other medications AS NEEDED!	
	Use Nasal Saline Spray every 30 minutes	
1	Clean the entrance of nostrils with Hydrogen Peroxide & apply Vaseline	
1	With a Q-tip and apply a thin layer of Vaseline on the same areas .	
1	Please stand and walk for 15 min every hour	
2	Shower and rinse hair with warm water and BABY SHAMPOO	
2	Facial cold compress (DO NOT apply directly to face, use barrier)	
2	Facial Cleanser (DO NOT use wash cloth – pat dry)	
2	Antibiotic as DIRECTED! Other medications AS NEEDED!	
	Use Nasal Saline Spray every 30 minutes	
2	Clean outer edge of nostrils with Hydrogen Peroxide & apply Vaseline	
2	With a Q-tip and apply a thin layer of Vaseline on the same areas .	
2	Please stand and walk for 15 min every hour	
3	Shower and rinse hair with warm water and BABY SHAMPOO	
3	Facial cold compress (DO NOT apply directly to face, use barrier)	
3	Facial Cleanser (DO NOT use wash cloth – pat dry)	
3	Antibiotic as DIRECTED! Other medications AS NEEDED!	
	Use Nasal Saline Spray every 30 minutes	
3	Clean outer edge of nostrils with Hydrogen Peroxide & apply Vaseline	
3	With a Q-tip and apply a thin layer of Vaseline on the same areas .	
3	Please stand and walk for 15 min every hour	
4	Shower and rinse hair with warm water and BABY SHAMPOO	
4	Facial cold compress (DO NOT apply directly to face, use barrier)	
4	Facial Cleanser (DO NOT use wash cloth – pat dry)	

4	Antibiotic as DIRECTED! Other medications AS NEEDED!	
4	Use Nasal Saline Spray every 30 minutes	
4	Clean outer edge of nostrils with Hydrogen Peroxide & apply Vaseline	
4	With a Q-tip and apply a thin layer of Vaseline on the same areas .	
4	Please stand and walk for 15 min every hour	

Day	Begins the day after surgery	Times per day
5	Shower and rinse hair with warm water and BABY SHAMPOO	
5	Facial cold compress (DO NOT apply directly to face, use barrier)	
5	Facial Cleanser (DO NOT use wash cloth – pat dry)	
5	Antibiotic as DIRECTED! Other medications AS NEEDED!	
5	Use Nasal Saline Spray every 30 minutes	
5	Clean outer edge of nostrils with Hydrogen Peroxide & apply Vaseline	
5	With a Q-tip and apply a thin layer of Vaseline on the same areas .	
5	Please stand and walk for 15 min every hour	
6	Shower and rinse hair with warm water and BABY SHAMPOO	
6	Facial cold compress (DO NOT apply directly to face, use barrier)	
6	Facial Cleanser (DO NOT use wash cloth – pat dry)	
6	Antibiotic as DIRECTED! Other medications AS NEEDED!	
6	Use Nasal Saline Spray every 30 minutes	
6	Clean outer edge of nostrils with Hydrogen Peroxide & apply Vaseline	
6	With a Q-tip and apply a thin layer of Vaseline on the same areas .	
6	Please stand and walk for 15 min every hour	
7	Shower and rinse hair with warm water and BABY SHAMPOO	
7	Facial cold compress (DO NOT apply directly to face, use barrier)	
7	Facial Cleanser (DO NOT use wash cloth – pat dry)	

7	Antibiotic as DIRECTED! Other medications AS NEEDED!	
7	Use Nasal Saline Spray every 30 minutes	
7	Clean outer edge of nostrils with Hydrogen Peroxide & apply Vaseline	
7	With a Q-tip and apply a thin layer of Vaseline on the same areas .	
7	Please stand and walk for 15 min every hour	

Please call 904-203-8282 if you have any questions or concerns

After office hours, Please call Rosie at 904-290-3099