

# RHINOPLASTY - NASAL RECONSTRUCTION DISCHARGE INSTRUCTIONS

## FOLLOW UP CARE

- Black and blue eyes and swelling are normal and usually resolves within 2 weeks
- Avoid damage/trauma to the nose
- If you are involved in sports activities you must wear a protective mask
- If a follow up appointment was not made the day of surgery, please call the office to make one

## ACTIVITY

- Do not dislodge or remove the cast on the nose, it may loosen or fall off prior to your follow up appointment. **DO NOT ATTEMPT TO PUT BACK ON.**

## DIET

- Resume previous diet as tolerated

## MEDICATIONS

- Prescription(s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

## PROBLEMS TO WATCH FOR

- Fever over 101.4
- Heavy bleeding from the nose
- Uncontrolled Nausea/Vomiting

**Call your doctor with ANY problems that concern you: Phone # (843) 766-7103.** If you need immediate attention, go to the nearest Emergency Department.

**I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.**

Date of Follow-up visit \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_  
Patient / Responsible Party

\_\_\_\_\_  
Nurse Signature



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