



Recovery after Rhinoplasty Surgery

During the procedure:

Comfortably Awake Rhinoplasty surgery has an **unprecedented safety record** and allows the surgeon to effectively reshape the nose with little discomfort, faster recovery, and improved cosmetic results.

A. First evening and the next day:

1. You must have a **responsible adult** drive you home and stay with you the first 12 hours.
2. It is very important to **keep your feet up for the first 12 hours** after the procedure. Likewise, **rise gradually** - from reclining to standing position - first sit at the edge of the bed for 30 seconds, then stand by the edge of the bed for 30 seconds, then, if not lightheaded, proceed to walk.
3. It is also important that you **drink healthy fluids every 15 minutes the first days** after the procedure to prevent lightheadedness and risk of fainting.
4. Please wait 24 hours before your 1st shower. Refrain from soaking face in bath/hot tub for 10 days.
5. **Text our surgical team** that first afternoon/evening to give us an update and have any concerns/questions addressed.

B. First week:

1. **Apply Carmex** (medicated lip balm) to all stitches twice a day until healed.
2. If a protective cast is placed, try to maintain it on your nose the first week; however, if the cast does come off, just leave it off, no big deal.
3. You can start easing back into your routines after 48 hours.
4. Continue to consume **daily probiotics** for total of 6 weeks to support gut health after antibiotic use.
5. **Take all prescribed medications as directed. Tylenol and/or Motrin** for discomfort.
6. Most sutures (stitches) removed at your 1st follow-up appointment; all incisions are treated with fractional lasers to reduce scars.

C. Subsequent weeks/months after:

1. Expect there will be slight **swelling** and contour irregularities/asymmetries for several weeks.
2. The discretely-placed incision lines continue to “remodel” – lighten and flatten for **2 years**. **Scar-erasing resurfacing lasers** are applied at all follow-up visits for several months.
3. Final contour results after a rhinoplasty are not entirely complete until 1 year has passed.

We all recover differently; if you find you’re having concerns with discomfort, irregularities, or **anything** else - let us know. **Please keep us updated regarding your progress/concerns/questions.**