

# Post Operative Care Instructions For Septoplasty / Rhinoplasty

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1. Plan to have a friend or family member spend the night with you for the first night or two following surgery.  
Your eyes may be swollen. You may have black eyes. Your nose may be packed with gauze. If you had a rhinoplasty you will have a splint on your nose.
2. For a Septoplasty, the splints on the inside of your nose will be removed 3-5 days.
3. You will be able to breathe better as soon as the splints are removed, but your nose will still be swollen inside and be “stuffy”. You can take over the counter Sudafed to relieve the stuffiness.

We do not recommend that you blow your nose at this point.

4. The splint on the outside of your nose will be removed 7-10 days after surgery. Your nose may be retaped after the splint is removed.
5. After the one week you can gently blow your nose. You may have clots inside your nose. You can gently try cleaning just inside the rim of your nose with a Q-tip soaked in peroxide.
6. NO HEAVY LIFTING OR EXERCISE for one month after surgery. We are thrilled if you feel great after surgery and want to get right back into the swing of things but, DON'T DO IT. Heavy lifting and exercise increase the pressure in our vessels and can cause bleeding even 3-4 weeks after surgery.
7. NO SMOKING for at least two weeks before and one month after surgery. Smoking reduces the blood supply to your skin and impairs your body's ability to heal itself.

***If you should need to reach Dr. Coberly after hours or during the weekend please call (813) 448-6550 choose extension #6 to reach the answering service.***