

Abbreviated Post-op Instructions Rhinoplasty

Food Ideas:

- High protein, low sodium.
- Protein shakes (Fairlife Chocolate from Costco are great)
- Oikos triple zero protein yogurt
- Bone broth or broth-based soups

Activity:

- You may slowly ease into activity at 4-6 weeks.
- Do not begin with high impact activity. Ease in and see how your nose does.
- Tape for exercise and post exercise.
- About two months you may resume higher impact activities. See how your nose feels and responds to this type of activity. Tape for this.

Day of Surgery	<ol style="list-style-type: none"> 1. Take Journavax 2 tablets on an empty stomach after surgery. 2. Take pain medications (Norco or Percocet) as needed for pain. 3. Take Zofran and Stool softeners with pain medication. 4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions. 5. Clean base of nose with peroxide if there is dried blood. Slather with Mupriocin at the base of the nose and right inside the nostrils.
Day 2	<ol style="list-style-type: none"> 1. Start the Medrol Steroid Dose Pack 2. Take Keflex Morning, Noon, and Night with food. 3. Take Journavax every 12 hours. 4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions. 5. Take pain medications (Norco or Percocet) as needed for pain. 6. Take Zofran and Stool softeners with pain medication 7. Clean base of nose with peroxide if there is dried blood. Slather with Mupriocin at the base of the nose and right inside the nostrils. Keep incisions moist at all times. Reapply 2-4x a day. 8. Do not get cast wet in the shower. Lean head back to wash hair. Do not shower for 48 hours if you have a rib incision.
Day 3	<ol style="list-style-type: none"> 1. Take Medrol Steroid Dose Pack 2. Take Keflex Morning, Noon, and Night with food. 3. Take Journavax every 12 hours. 4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions. 5. Take pain medications (Norco or Percocet) as needed for pain. 6. Take Zofran and Stool softeners with pain medication

	<ol style="list-style-type: none"> 7. Clean base of nose with peroxide if there is dried blood. Slather with Mupriocin at the base of the nose and right inside the nostrils. Keep incisions moist at all times. Reapply 2-4x a day. 8. Do not get cast wet in the shower. Lean head back to wash hair. Do not shower for 48 hours if you have a rib incision.
Day 4	<ol style="list-style-type: none"> 1. Take Medrol Steroid Dose Pack 2. Take Keflex Morning, Noon, and Night with food. 3. Take Journavax every 12 hours. 4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions. 5. Take pain medications (Norco or Percocet) as needed for pain. 6. Take Zofran and Stool softeners with pain medication 7. Clean base of nose with peroxide if there is dried blood. Slather with Mupriocin at the base of the nose and right inside the nostrils. Keep incisions moist at all times. Reapply 2-4x a day. 8. Do not get cast wet in the shower.
Day 5	<ol style="list-style-type: none"> 1. Take Medrol Steroid Dose Pack 2. Take Keflex Morning, Noon, and Night with food. 3. Take Journavax every 12 hours. 4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions. 5. Take pain medications (Norco or Percocet) as needed for pain. 6. Take Zofran and Stool softeners with pain medication 7. Clean base of nose with peroxide if there is dried blood. Slather with Mupriocin at the base of the nose and right inside the nostrils. Keep incisions moist at all times. Reapply 2-4x a day. 8. Do not get cast wet in the shower.
Day 6	<ol style="list-style-type: none"> 1. Take Medrol Steroid Dose Pack 2. Take Keflex Morning, Noon, and Night with food. 3. Take Journavax every 12 hours. 4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions. 5. Take pain medications (Norco or Percocet) as needed for pain. 6. Take Zofran and Stool softeners with pain medication 7. Clean base of nose with peroxide if there is dried blood. Slather with Mupriocin at the base of the nose and right inside the nostrils. Keep incisions moist at all times. Reapply 2-4x a day. 8. Do not get cast wet in the shower.
Day 7	<ol style="list-style-type: none"> 1. Take Medrol Steroid Dose Pack 2. Take Keflex Morning, Noon, and Night with food. 3. Take Journavax every 12 hours. 4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions. 5. Take pain medications (Norco or Percocet) as needed for pain.

	<ol style="list-style-type: none"> 6. Take Zofran and Stool softeners with pain medication 7. Clean base of nose with peroxide if there is dried blood. Slather with Mupirocin at the base of the nose and right inside the nostrils. Keep incisions moist at all times. Reapply 2-4x a day. 8. Once your cast comes off, do saline rinses twice a day for one month at least. 9. **Revision Rhino Only** Do Cipro Soaks 2x a day for THREE months to prevent infection.
Week 1 post op	<ol style="list-style-type: none"> 1. Tape 24/7 around the clock. 2. Try to leave the tape on for 3-5 days without getting it wet. If it comes off, use detachol to remove tape and reapply. 3. Keep the inside of your nose and the base of your nose slathered with mupirocin. Apply 2-4x per day. 4. Keep using your Arnika roller if you have bruising. 5. Do Saline rinses twice a day. 6. **Revision Rhino Only** Do Cipro Soaks 2x a day for THREE months to prevent infection. 7. No glasses for 6 weeks without your cast. 8. You may resume your supplements.
Week 2 post op	<ol style="list-style-type: none"> 1. Tape 24/7 around the clock. 2. Try to leave the tape on for 3-5 days without getting it wet. If it comes off, use detachol to remove tape and reapply. 3. Keep the inside of your nose and the base of your nose slathered with mupirocin. Apply 2-4x per day. 4. Do Saline rinses twice a day. 5. **Revision Rhino Only** Do Cipro Soaks 2x a day for THREE months to prevent infection. 6. No glasses for 6 weeks without your cast.
Week 3 post op	<ol style="list-style-type: none"> 1. Tape at night (unless directed otherwise by the doctor or you still have significant swelling). **Revisions tape 24/7 for one month. 2. Keep the inside of your nose of your nose slathered with mupirocin. Apply 2-4x per day. 3. Apply Skinuva to base of nose twice a day. 4. Do Saline rinses twice a day. 5. **Revision Rhino Only** Do Cipro Soaks 2x a day for THREE months to prevent infection. 6. No glasses for 6 weeks without your cast.
Week 4 post op	<ol style="list-style-type: none"> 1. Tape at night (unless directed otherwise by the doctor or you still have significant swelling). **Revisions tape 24/7 for one month. 2. Keep the inside of your nose of your nose slathered with mupirocin. Apply 2-4x per day. 3. Apply Skinuva to base of nose twice a day. 4. Do Saline rinses twice a day.

	<ol style="list-style-type: none">5. **Revision Rhino Only** Do Cipro Soaks 2x a day for THREE months to prevent infection.6. No glasses for 6 weeks without your cast.
Week 5+ post op	<ol style="list-style-type: none">1. Use Skinuva on the base of nose 2x per day for 3 months.2. Tape at night for revision rhino, unless directed otherwise by the doctor or you have significant swelling.3. Revision rhino continue to use mupirocin inside the nose for THREE MONTHS. Apply 2-4x per day.4. Revision rhino continue to do cipro soaks inside the nose 2x per day for THREE MONTHS to prevent infection (<u>very important!</u>)5. No glasses for 6 weeks without your cast.