

AESTHETIC SURGERY  
Rosemont Business Campus  
919 Conestoga Rd.  
Bldg 1, Suite 200  
Rosemont, Pa. 19010

RONALD A. LOHNER, M.D., F.A.C.S. RECONSTRUCTIVE SURGERY

Phone: 610-519-0600

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## POST OPERATIVE CARE RHINOPLASTY

### Post op care:

- **Do not blow your nose or sneeze through your nose**
- **Do not remove nasal splint**
- **May shower but avoid getting splint wet**
- Keep head elevated including while sleeping
- No straining, lifting, or bending for 1-2 weeks
- Ok to take Tylenol immediately and Ibuprofen immediately after surgery (do not take with other acetaminophen medications such as Percocet)
- Take pain medication, antibiotic, and other prescribed medicines as directed
- Can operate a motor vehicle 24 hours after last dose of narcotic pain medication
- Do not smoke—smoking delays healing and affects circulation
- Rest – can resume most activities in 2 weeks

### What to expect:

- Swelling and bruising can occur 48-72 hours post op.
- May apply ice as needed **\*Do not exceed 20 min on/20 min off**
- Nasal swelling subsides gradually and may take 6-12 months before it subsides, especially at the tip
- Moderate discomfort – take pain medication as needed

### Follow-up:

- Follow up appointment as directed

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS  
OR CONCERNS**

**Pain medication:** \_\_\_\_\_

**Antibiotic:** \_\_\_\_\_

**Swelling:** \_\_\_\_\_

**Follow-up:** \_\_\_\_\_ **please call office to  
arrange follow up appointment 610-519-0600**

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