



**ELLIOT M. HIRSCH, MD**  
PLASTIC & RECONSTRUCTIVE SURGERY

---

4955 Van Nuys Blvd, Suite 715, Sherman Oaks, California, 91403  
Phone: 818-825-8131 • Fax: 818-616-1044 • [www.hirschplasticsurgery.com](http://www.hirschplasticsurgery.com)

## **Septoplasty/Rhinoplasty Post-Operative Instructions**

**Medications:** Your greatest discomfort will be in the first 24-48 hours after your procedure. If you have pain, you should take your prescribed pain medication or Tylenol. Take your pain medication with food to avoid nausea or stomach discomfort. Pain medication can be constipating, so be sure to eat fruits and vegetables. Drink plenty of fluids as well.

If antibiotics were prescribed, take them as directed.

**Dressings and Incision Care:** For the first 48 hours after surgery, use icepacks on your incisions for 20 minutes at a time. You may shower the day following surgery, but do not wet your nasal splint or it will fall off. If the splint falls off, re-attach it to your nose with tape.

If packing was used, it will be removed at the first postoperative visit. When the packing is removed or if no packing was used, you may use saline nasal spray as desired to keep your airway clear.

**Activity:** Make sure that you are up and walking and moving around the first night after surgery, this is very important! You will find that the more you move around, the better you feel. Please avoid strenuous activity or any lifting greater than 20 pounds until you are seen by Dr. Hirsch.

**Diet:** You may resume your regular diet

**Special Instructions:** \_\_\_\_\_

**When to Call:** A small to moderate amount of clear to light pink drainage from the incision is normal. However, if this drainage is dark, bloody, or foul smelling, please call Dr. Hirsch.

Please call Dr. Hirsch's office if you are experiencing any of the following:

- fever of 101 or higher
- severe pain not responsive to pain medications
- increasing swelling
- increasing redness

If you have any other questions or concerns, feel free to call our office at any time: 818-825-8131.

Follow up: \_\_\_\_\_