

# Post Operative Instructions

*Bodied by Denk*

**(757)491-3535**

1. The patient must not be left alone for the first 24 hours after surgery.
2. Hydration is very important after surgery. Drink 8 -10 glasses of water a day. Vitamin water or electrolyte drinks may also be beneficial. Staying hydrated will decrease nausea, pain, and swelling.
3. Ice packs that are wrapped in gauze may be placed gently on your cheeks to help decrease swelling and soreness. Ice packs are important to reduce pain and swelling following a rhinoplasty. Do NOT place ice packs directly on nose or forehead. Ice packs are helpful for 48 hours following surgery.
4. Use your medication as prescribed. Refer to the Pain Management instruction sheet.
5. Exercise calf muscles every hour. Extend your foot up, then down at the ankle 10 times. If given a sequential compression device to take home, use for the first day and night. Then continue on with calf exercises for the remaining 2 weeks.
6. Sleep elevated on three or more pillows. This will help decrease soreness and swelling. If you cannot rest comfortably in an elevated position, assume whatever position is comfortable.
7. Keep the steri strips/ splint on your nose dry and intact until you see Dr. Denk.
8. You have been given drip pads to place under your nose. Change the drip pad when it becomes moist. By the evening or next morning, the drainage will begin to subside. Call Dr. Denk doctor if you have excessive bleeding.
9. Do not sneeze through your nose or blow through your nose for 2 weeks.
10. Do not hesitate to call Dr. Denk's office at **757-491-3535** if you have any questions/ worries about your surgery or condition. The nurses will be glad to assist you. If it is necessary for you to contact Dr. Denk after hours or on weekends, please call **757-491-3535** and the answering service will help connect you to him.