



BOULDER VALLEY
Laser & Cosmetic

Rhinoplasty – Post-Care Instructions

The first two weeks after your procedure are critical for healing. Giving your body the appropriate time to recuperate and supporting your healing process will help you achieve better results and a faster recovery.

- 1.** Avoid all forms of exercise and exertion for 14 days after your procedure. This includes: no hiking, biking, yoga, Pilates, swimming, spin classes, elliptical machines, weights, or any other form of exercise.
- 2.** You are absolutely encouraged to walk around (inside or outside with a hat and sunglasses for sun protection) when you feel up to it. Being upright and moving around (in a non-exertional way) helps the body heal. You can go to the grocery store, just don't pick up the grocery bags.
- 3.** Avoid bending and lifting around the house or with pets. Keeping your head above your heart and avoiding exertion are important to controlling your blood pressure which in turn helps keep swelling down and supports healing.
- 4.** Keep your head elevated at 30 or 45 degrees in bed while you sleep. This is a recliner position; you do not need to be upright at 90 degrees.
- 5.** Ice as much as you can, unless Dr. Goldman tells you otherwise. Icing after your procedure promotes faster healing, improves any pain or discomfort and helps resolve your swelling.
- 6.** Rest and relax to give your body the time it needs to recover. Don't overdo it.
- 7.** Eat a healthy diet of vegetables, especially dark leafy greens and broccoli, protein, and whole grains after your procedure. Minimizing the inflammation in your body from sugar, fast food and fried food will help your body heal more effectively and efficiently after your procedure.
- 8.** You can use over the counter anti-inflammatory medications including Tylenol, Advil, Motrin, or Aleve for pain after your procedure.
- 9.** Continue all prescribed medications (antibiotics) as directed. Continue Arnica, and Bromine (pineapple extract) after your procedure for 5 days as well.
- 10.** You may resume all vitamins and dietary supplements 3 days after your procedure.

- 11.** After your nasal procedure, you will be sent home. More than likely you will not have any packs or splints in your nose. You may have an occasional drip of blood for the first 1-2 days after your procedure so be prepared by keeping towels and tissues around in case you need them.
- 12.** Please remember to keep the nose moist after surgery by using nasal saline solution sprays, and Aquaphor (or another) ointment smudged on the inside rim of your nose.
- 13.** Please understand that your healing process will take longer than 2 weeks! Our goal for you is long term success. You will see a significant reduction in swelling and near complete resolution of bruising in your first 2-3 weeks after your procedure. Residual swelling will then take 3-6 months to fully resolve in a gradual fashion. Be patient with this process. We will follow up with you during this timeframe to ensure that the process is going well, and to advise on ways to intervene to improve the healing process.

Call our office with any questions! We are here to help and support you.