

Robert Louton, MD

BLAIR PLASTIC SURGERY

RHINOPLASTY – FACT SHEET

1. DO NOT sunburn or suntan the surgical area one month before procedure.
2. Keep wound site clean and dry.
3. Keep head elevated above the level of the heart to prevent swelling, increased bruising and reduce discomfort. It is recommended that you sleep in recliner or with head elevated using 3-4 pillows for 3 days.
4. If packing is in place, it will be removed in 3 days.
5. Wear nasal splint for 10 days, this must be kept dry.
6. Take medication as prescribed by Dr. Louton.
7. No lifting or exertion for 2 weeks.
8. You may begin gentle walking 1 mile a day after 2 weeks.
9. No exercise for 1 month.
10. No glasses for 6 weeks.
11. Do NOT use nasal sprays.
12. Do NOT use ice.
13. Call Dr. Louton's office as soon as possible to schedule an appointment for follow up.
14. Return if signs of infection occur.

Signs of Infection

- a. If wound becomes red, swollen, tender or hot to touch.
- b. If red streaks are seen coming from the operative area.
- c. If you develop a fever.
- d. If the wound breaks open or being draining.
- e. If there is a constant or increasing pain at wound site.

Please notify Dr. Louton for any problem day or night at (814)949-7280.