

Lufkin Plastic Surgery  
**POST-OP INSTRUCTIONS:**  
**RHINOPLASTY**

Keep your head elevated for several days post surgery. Sleep in a recliner chair with the head elevated.

Take the antibiotic as prescribed. If you don't absolutely need it, avoid the pain medicine.

You may eat anything you desire but do not take aspirin, advil, or other medications which may cause bleeding.

Call me for any problems: Office 637-1145 after hours please call Memorial Medical Center at 634-8111 and have the operator page Dr. Strinden even if they say he is not on call.

Please call for fever greater than 101.5, increasing pain, increasing redness and swelling or pus or foul odor inside your nose. This could be **possible** signs of infection. Call also for nausea and or vomiting. This may be eliminated with medication. This may be caused by the antibiotic and or the pain medication.

No alcohol for at least twenty-four (24) hours after your operation or if you are taking pain medications.

Remember that a question not asked is a question not answered. Do not feel that you have a silly question if it is a concern to you. Each patient is different when it comes to recovery.

Do not put ice on the nasal tip. It may frostbite.

Return to the office \_\_\_\_\_ at \_\_\_\_\_.

**BE PATIENT**