

OTOLARYNGOLOGY – FACIAL PLASTIC SURGERY OF LONG ISLAND, P.C.
NY FACIAL PLASTICS
NY FACIAL SURGICAL FACILITY, LLP
NY FACIAL MEDI-SPA
NY FACIAL SINUS & SKULL BASE CENTER

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Fellow

American College of Surgeons
American Academy of Otolaryngology – Head and Neck Surgery
American Academy of Facial Plastic and Reconstructive Surgery

www.nyfacialplastics.com www.IslandENT.com

Affiliated Hospitals

North Shore University Hospital
Long Island Jewish Medical Center
Schneider Children's Hospital
Day – Op of Long Island
Mount Sinai Medical Center, NY

POSTOPERATIVE INSTRUCTION SHEET

FOR RHINOPLASTY PATIENTS (RESHAPING OUTSIDE OF NOSE)

1. **See NASAL SHEET FOR GENERAL POST OPERATIVE INSTRUCTIONS.**
2. **NASAL CAST STAYS ON FOR ONE WEEK. DISCOLORATION MAY APPEAR AROUND EYES AND MAY LAST SEVEN TO TEN DAYS.**
3. **APPLY ICE COMPRESS TO EYES FOR FIRST 24 HOURS.**
4. **EYEGASSES SHOULD NOT BE WORN FOR SIX WEEKS FOLLOWING SURGERY. WEAR CONTACT LENSES OR TAPE GLASSES TO FOREHEAD IF NECESSARY.**
4. **NO CONTACT SPORTS FOR SIX WEEKS.**
5. **NO HOT SHOWERS FOR ONE WEEK/TEPID BATHS ONLY.**
6. **AVOID DIRECT PROLONGED SUN EXPOSURE TO NOSE FOR SIX MONTHS TO ONE YEAR.**

USE #15 SPF LOTION ON NOSE.

BTS/el
11/08
