PATIENT INFORMATION

Frequently Asked Questions: Rhinoplasty Patients

QUESTION	ANSWER
How much bruising and swelling should I expect? What can I do for it?	It is not unusual to have swelling and perhaps bruising, depending on the type of surgery. It may take about 7-10 days for bruising to resolve. Swelling may not fully resolve for several weeks. Elevating your head when sleeping/resting, applying ice, and use of over-the-counter or herbal medications and supplements may assist in the relief of these symptoms.
When may I blow my nose?	You should not blow your nose for at least one week after surgery or as directed by your surgeon in order to promote healing and limit trauma to nasal structures.
How much nasal drainage will I have?	You should expect some nasal drainage for the first few days. If you experience bleeding or drainage that does not resolve, you should contact your surgeon.
When may I resume sports?	Contact sports may not be permitted for several weeks/months. Any sports that involve the risk of injury, trauma, or strenuous activity should not be resumed until cleared by the surgeon.
When should I expect nasal fullness/congestion to subside?	Congestion may take weeks to fully resolve. This will improve as swelling decreases.
When may I return to work/school?	You should discuss when to return to work with your surgeon. You should limit heavy lifting and exposure to dusty/smoky environments.
What are the complications that may occur after rhinoplasty?	Bleeding, infection, persistent numbness, persistent change in smell or taste, abnormal scarring, nasal asymmetry, persistent nasal obstruction
How likely am I to need additional nasal surgery?	A low percentage of patients have additional surgery or procedures, but this varies greatly, and you should have this conversation with your surgeon.

AMERICAN ACADEMY OF OTOLARYNGOLOGY– HEAD AND NECK SURGERY

FOUNDATION

www.entnet.org

ABOUT THE AAO-HNS/F
The American Academy of Otolaryngology–Head and Neck Surgery (www.entnet.org), one of the oldest medical associations in the nation, represents about 12,000 physicians and allied health professionals who specialize in the diagnosis and treatment of disorders of the ears, nose, throat and related structures of the head and neck. The Academy serves its members by facilitating the advancement of the science and art of medicine related to otolaryngology and by representing the specialty in governmental and socioeconomic issues. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology–head and neck surgery through education, research, and lifelong learning. The organization's vision: "Empowering otolaryngology–head and neck surgeons to deliver the best patient care."