Ira Savetsky, MD
Plastic Surgery Recovery Guide
Rhinoplasty



We are honored you have chosen Dr. Savetsky for your surgery. Our Goal is to provide you with a safe experience and beautiful, natural results. Please follow the instructions in this guide to help ensure a smooth recovery.

Included in this Recovery Guide

This recovery Guide is broken up into sections to take you through all the information you will need for your procedure. Please read through all the information carefully and remember to call or email our office with any questions or concerns.

- **Prescriptions you will receive before surgery**
- **Supplies you will need**
- **Pre-Operative Instructions (Before Surgery)**
- **Post-Operative Instructions**
- **Your First Post-Op Appointment**
- **After Splint & Suture Removal Care**
- **Things to Avoid After Surgery**
- **Please Contact Our Office if You Experience**
- **What to Expect in Your Healing Process**
- **Recovery Do's and Don'ts**
- **Office Contact Information**



Remember: Everyone heals differently and at different speeds! Be patient with your body throughout the healing process and follow the recovery instructions. We are here for you every step of the way!

Prescriptions You Will Receive Before Surgery

- **Cefadroxil (Duricef) 500 mg:** this is an antibiotic; you will take this twice a day for 24 hours.
- **Ondansetron (Zofran)4 mg:** this is an anti-nausea medication; you can take 1 tablet every 4-6 hours as needed.
- **Mupirocin (Bactroban) Ointment:** this is a topical antibiotic ointment; you will apply this to your stitches and the inside of each nostril using a cotton swab (Q-tip) two to three times daily.
- **Hydrocodone/ Acetaminophen (Norco) 5/325 mg:** this is a pain medication; you can take 1 tablet every 4-6 hours as needed for pain.
- **Acetaminophen (Tylenol) :** over-the-counter pain medication may be used in lieu of prescribed pain medication for mild pain. Do not exceed 3000mg of Acetaminophen daily between the Norco and the Tylenol.
- **Methylprednisolone (Medrol Dosepak):** take the tablets each day as directed on the blister pack, Following the numbered instructions and taking the correct number of tablets at the designated times.
- **Suzetrigine (Journavx) 50 mg:** take two tablets the night before surgery, followed by one tablet twice daily after surgery until the prescription is complete.
- **Arnica Montana:** 30c 5 pellets 3 times per day starting one week before surgery and for two weeks after surgery. * Optional this is homeopathic and may help with bruising and swelling.
- **Bromelain 500 mg:** one capsule 3 times per day starting one week before surgery and for two weeks after surgery. * Optional this is homeopathic and may help with bruising and swelling.
- **Narcan:** emergency rescue medication and is ordered by New York state law when taking prescribed pain medication.

It is important to take your prescriptions exactly as they are ordered. We will provide you with a blank medication sheet in order to help keep you organized and track your medication timing.

Supplies You Will Need

Please have the following items available to you before your surgery

- Saline Nasal Spray, over-the-counter options like Arm & Hammer Simply Saline Spray are recommended. (without preservatives or other ingredients)
- Flonase nasal spray.
- Cotton Swabs (Q-tips)
- Hydrogren Peroxide
- Extra Pillows or a wedge
- Ice packs
- Gauze
- Steri-Strips 1/2" & 1/4", flesh toned

Pre-Operative Instructions (Before Surgery):

To help ensure a smooth procedure, please follow these pre-operative instructions

- Do not eat or drink anything after midnight the night before your surgery.
- Shower prior to arrival, but do not apply any products to your face or body afterward.
- Do not wear jewelry or contact lenses
- Wear comfortable clothing that buttons or zips in the front.

Pre-Operative Instructions (Before Surgery): Continued

- Bring all medications from your pharmacy, as well as any garments or supplies previously provided by our office.
- Please also obtain Tylenol Extra Strength (which may be used instead of prescribed narcotic pain medication), Colace, and Bromelain from your pharmacy.

Please adhere to these Medication and lifestyle guidelines before your procedure.

- Stop taking any exogenous hormones, including birth control pills, for one month prior to your surgery date, unless specified by Dr. Savetsky.
- Discontinue weight loss injections at least 2 weeks prior to surgery.
- Avoid NSAIDs, aspirin-containing products, and supplements for 2 weeks before and 2 weeks after surgery.
- Avoid alcohol for 1 week before and 1 week after surgery.
- Avoid using any nicotine-containing products for at least one month prior to surgery and for one month post surgery.

***Please notify us if you feel unwell at any time prior to your procedure.**

Your First Post-Op Appointment 

You will return to the office approximately **7 days after surgery.** During this visit, your splints and sutures will be removed. If you had an alar base reduction, you will also make an additional appointment for 10 days post-surgery to remove the remainder of the sutures.

We will be supplying you with **Steri-Strips** and will be instructing you on how to place them and how to care for your nose now that the splint and sutures are removed.

Post-Operative Cleaning Instructions 

- Mix equal parts hydrogen peroxide and saline in a small cup.
- Dip a cotton swab (Q-tip) into the solution and gently clean the inner rim of each nostril and the stitches on your columella and/or on your alar bases.
- Do **NOT** insert the cotton swab (Q-tip) further into your nostrils past the cotton tip.
- If you have alar base sutures, gently clean away any dried blood or crusting from the suture line as needed.
- Apply a small amount of **Mupirocin** ointment to the inner rim of each nostril by gently rotating the cotton swab (Q-tip) in a circular motion, and to all of your sutures.
- Although uncommon, if your nasal splint becomes loose or falls off, use tape to secure it back into place. Please alert Dr. Savetsky immediately if this happens.

After Splint & Suture Removal Care 

- Continue cleaning inside your nostrils and using mupirocin for least 3-7 days post-suture removal, until all crusting has resolved.
- Use **saline nasal spray 8-10 times daily**. There is no limit to how often saline spray may be used.
- Begin using **Flonase,** spray 2 sprays in each nostril every morning for at least 6 weeks.
- Continue wearing and replacing your **Steri-Strips for at least 1 month** after surgery. **Replace them every 5-7 days.**
- You may shower and wash your face normally; it is perfectly fine for the Steri-Strips to get wet.

Things to Avoid After Surgery 

For the best possible healing and surgical outcome, please follow these precautions during your recovery.

- **Do not blow your nose for six weeks after surgery**. If you need to sneeze, please keep your mouth open to minimize pressure inside the nose.
- **Avoid Strenuous exercise, heavy lifting (over ten pounds), bending over, or activities that raise your heart rate for 4 weeks** after surgery, or until you're cleared by Dr. Savetsky
- **Continue taking your prescribed medications exactly as directed** and complete your full course of antibiotics unless instructed to do otherwise by Dr. Savetsky.

Things to Avoid After Surgery: Continued

- **Keep your head elevated**, including while sleeping, for the first 4 weeks following surgery. Sleeping with 2-3 pillows to elevate the head or in a recliner can help reduce swelling.
- **Do not wear glasses or sunglasses directly on your nose** for 6 weeks after surgery or until you have been cleared by Dr. Savetsky. If necessary, we can supply you with a rhinoshield, or glasses can be taped to your forehead or supported with a cheek-rest device.
- **Avoid rubbing, bumping, or putting pressure on your nose**. Be especially cautious around children, pets, and while getting dressed.
- **Do not smoke or use nicotine products**, as they can significantly delay the healing process and increase the risk of complications.
- **Avoid Alcohol for the first 48-72 hours after surgery** or while taking the prescription pain medication, as it may increase swelling and interact with your medications.
- **Avoid excessive sun exposure for at least 6 weeks**. Once your splint is removed, protect your nose with sunscreen (SPF 30 or higher), and wear a wide-brimmed hat when outdoors.
- **Do not swim, use hot tubs, saunas, or steam rooms for at least 4 weeks,** or until you are cleared by Dr. Savetsky.
- **Do not remove your splint or Steri-Strips** unless instructed to do so. If your splint becomes loose or falls off, gently tape it back into place and contact our office.
- **Avoid wearing pull-over shirts or tight-fitting clothing** that would accidentally bump your nose. Button-up or zip-front shirts are especially recommended during the first week.
- **If Chewing is uncomfortable, eat soft, easy-to-chew foods** during the first few days, and stay well hydrated.

Please Contact Our Office if You Experience ⚠

- Fever greater than 100.4°F (38.6 °C)
- Heavy or persistent bleeding.
- Increasing redness, warmth, swelling, or foul-smelling drainage from the incision sites.
- Severe pain that is not relieved by your prescribed pain medication.
- Difficulty breathing that worsens or does not improve.
- Any concerns about your healing or recovery.

What to Expect in Your Healing Process

Swelling: Most swelling improves within 2-3 months post-op; however, subtle swelling can linger for a year or more. Do not worry! This is expected and all a part of the healing process.
Bruising: Bruising can last for around 7-14 days after surgery and will fade.
Congestion: Nasal Congestion is normal and will improve with the use of saline and steroid nasal sprays.

Recovery Do's and Don'ts



Do: Sleep on your back with your head elevated; this helps reduce swelling
Do: Take all your prescribed medications and nasal sprays as instructed.
Do: Walk frequently after surgery; walking is great for reducing swelling.
Do: Be mindful of your healing nose and be careful not to bump it.

Don't: Wear glasses unless allowed by Dr. Savetsky.
Don't: Smoke or use any nicotine products because this affects healing.
Don't: Lift anything over 10 lbs or participate in vigorous exercise until cleared.