

ROD J. ROHRICH, M.D.
PLASTIC SURGERY

RHINOPLASTY

Quick Look Instructions

Things to have post splint removal:

- Saline nasal spray –Arm & Hammer Simply Saline, Ocean Saline Spray are good over the counter options
- For patients with allergies – Nasacort or Flonase for allergy relief
- Q-tips
- Hydrogen Peroxide
- Bactroban ointment (prescription) or Bacitracin ointment

At your post op visit, we will provide you with:

- RhinoShield silicone nose guard for patients with glasses
- Steristrips – you will be instructed on how to apply these
- Bacitracin or Bactroban ointment

Easy Cleaning Instructions Before You are Seen:

- Mix 1 part hydrogen peroxide and 1 part water. Use Q-tip to clean the inner rim of your nostrils with the hydrogen peroxide/water mix. The Q-tip should not be inserted into your nose more than the cotton part of the tip. Clean the alar base sutures as needed if you have a blood-like crusting on your alar rim sutures. Do not over-clean the alar base.
- After cleaning, apply Bactroban or Bacitracin ointment to the inner rim of the nostrils by slowly rotating the Q-tip in a circular motion in the nostrils. Do not apply ointment to your alar base sutures.
- If your splint falls off, which is infrequent, use tape to reapply. A fallen splint will NOT affect your results, but needs to be worn until your post op appointment.

After Splint Removal:

- Continue cleaning the inner rim of your nostrils, as needed.
- Use saline nasal spray 8-10 times daily. You cannot abuse it.
- If you have allergies, also use Nasacort or Flonase for allergy relief morning and night 2 puffs each nostril for 6-8 weeks.
- Continue to wear and re-apply steristrips for 2-3 weeks post op. Steristrips need to be changed every 5-7 days. You can continue to shower and wash your face normally. It is okay to get these wet.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are a patient, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

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