

**THE HILINSKI CLINIC  
OF FACIAL PLASTIC SURGERY**

John M. Hilinski, M.D.  
3720 Fourth Avenue  
San Diego, CA 92103  
(619) 296-3223 Office  
(619) 296-3224 Fax

**GUIDELINES FOLLOWING RHINOPLASTY**

- During the first 24-48 hours following surgery, we recommend that a friend or family member remain with you to assist with your needs.
- If an open rhinoplasty approach was utilized (incision under the nose) you will need to clean the suture line two (2) times per day in the following manner:
  1. Use a Q-tip dipped in hydrogen peroxide (over-the-counter) to first gently clean the sutures.
  2. Dry the peroxide with a clean dry Q-tip
  3. Apply a generous layer of Bacitracin ointment (over-the-counter)
- As demonstrated in the photo, the cleaning process should involve the outside visible sutures as well as the sutures along the inner lining of both nostrils (under the arch). You should insert the Q-tip inside of the nostril up to the end of the cotton applicator tip to ensure proper cleaning.
- On the day of surgery begin spraying saline solution (over-the-counter) into both nostrils five (5) times throughout the day.
- Avoid any pressure on the nose. This includes avoidance of cold compresses. This also includes no eyeglasses and no sunglasses until cleared by Dr. Hilinski.
- Sleep with the head elevated 20-30 degrees. Use a travel pillow or place pillows on both sides of the head to avoid accidentally turning over on your nose.
- Do NOT get the cast and/or tape wet at all. Showering from the shoulders down is fine.
- Change the drip pad below the nostrils as needed. Of note, a slight amount of bleeding and/or oozing is normal during the first 2-3 days.
- Do NOT blow your nose. If you sneeze, open your mouth to divert the airflow away from the nose.
- Start with a liquid or soft diet during the first 1-3 days and transition to a normal diet thereafter.
- Begin taking the pain medication and antibiotics as directed. Continue taking Arnica as directed for another week after surgery. Continue to refrain from using any medication on the restricted medication list.
- If Dr. Hilinski performed an ear graft or temporal fascia graft, make sure to apply ointment to these incision lines twice a day. Be careful to avoid pulling the ear forward when placing the ointment. You do NOT need to clean these incisions with hydrogen peroxide.
- Confirm a follow-up appointment with Dr. Hilinski's office.
- Call our office in the meantime if you have any additional questions or concerns.
- In case of an emergency, call 911 for immediate assistance.

