

Surgery Center of Pinehurst  
Rhinoplasty and Septal Reconstruction

1. DO NOT shower or get your dressing wet
2. DO NOT remove the tape or splint. If it loosens, call the physician. The tape and splint will make your nose look pointed up in the air. This is normal. The tip drops after surgery, quickly for the first two weeks, then slowly for at least six months.
3. DO NOT lie on your nose. Please sleep on your back
4. Keep the head of your bed elevated for at least 2 weeks after your surgery. This reduces the swelling.
5. Take your medications until gone, according to the directions on the bottle unless otherwise instructed by your physician.
6. DO NOT take any aspirin products for one week after your surgery.
7. No medicines or objects in your nose unless instructed by your physician.
8. Call the physician if you develop a temperature over 101 degrees or if your nose bleeds.  
( You can expect a thin, bloody drainage.)
9. DO NOT blow your nose for one week. Sneeze through your mouth. DO NOT attempt to clean the inside of your nose or pick at your nose. The physician will take care of the post-operative nasal hygiene.
10. If you will be in the sun for a prolonged period of time, wear a hat and #15 sunscreen.
11. DO NOT wear any glasses for two weeks. If necessary, suspend the bridge of the glasses from your forehead with tape. Ask the physician for instructions.
12. No bending over for two weeks.
13. No straining or lifting for two weeks.
14. No swimming under water for one month.
15. No scuba diving or snorkeling for at least three months. Be cautious about the fit of your face mask.
16. No contact sports until instructed.
17. No jogging for one month.
18. No weightlifting for six weeks.
19. Feel free to call our office if you have any questions or problems.
20. Additional instructions of necessary \_\_\_\_\_

IF YOU HAVE ANY QUESTIONS OR CONCERNS DO NOT HESITATE TO CONTACT OUR OFFICE. OFFICE HOURS ARE MONDAY-FRIDAY 9AM TO 5PM (4PM ON FRIDAYS)

Dr. Carl Berk	(910) 295-0219	Dr. Waldemar Riefkohl	(910) 295-0240
Dr. Matthew Grafenberg	(910) 235-2706	Dr. Justin Miller	(910) 235-4677
Dr. Jefferson Kilpatrick	(910) 295-0216	Dr. Wyman McGuirt	(910) 295-0242

IF YOU NEED TO REACH AN ENT PHYSICIAN AFTER 5PM OR DURING THE WEEKEND, PLEASE CONTACT THE OPERATOR AT MOORE REGIONAL HOSPITAL AT (910) 715-1000 AND ASK FOR THE ENT PHYSICIAN ON CALL FOR PINEHURST SURGICAL CLINIC.