



Dr. Ziad Katrib

CAST DAY

- 1) Continue Vaseline and saline spray to the nose for 12 more weeks
- 2) There are still dissolvable sutures inside the nose. These will dissolve in 10-14 days if the nose is cared for properly
- 3) Begin or continue use of a mild facial cleanser to avoid breakouts on the nose
- 4) Avoid nasal decongestant sprays such as Afrin and Neosynephrine
- 5) It is normal to have increased sneezing after rhinoplasty. Simply open your mouth and sneeze into your arm
- 6) Rebound congestion is normal, and may occur anywhere from 1 hour to 1-3 days after the hoses are removed from inside the nose
- 7) Rebound swelling of the outside of the nose is common and can occur after the cast is removed. This can be worsened by salt/alcohol intake or heavy exercise
- 8) In certain patients, you may be instructed to tape the bridge of the nose at night. If so, this will be given to you on cast day
- 9) You may require injection of steroids above the tip of the nose. If so, you will be informed on the scheduling of this
- 10) You are ok to wear glasses 4 weeks after surgery. When wearing take frequent breaks from use and make sure a depression is not forming
- 11) It is ok to wear a *loose fitting* mask, preferably a surgeons mask that you throw away every day to avoid contamination and infection.
- 12) It is ok to blow your nose **gently** 2 weeks after surgery. Only one nostril at a time, and no squeezing the nose.
- 13) If you had a deviated nose correction, you may be instructed to start massaging the nose should it start to “tilt” again. This is a common phenomenon, and can be largely corrected by patient intervention in the first 4-6 weeks.