Dr. Danielle Andry

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Dr. Andry Post-Operative Rhinoplasty Regimen: After surgery

* After surgery, you may have some bleeding from the nose for about 24 hours. A “drip pad” gauze will be placed under your nose and can be changed as needed. This can be removed once bleeding has subsided.
* After surgery, take the following medications:
  + Celebrex 100 mg twice a day
  + Tylenol 1,000 mg twice a day
  + Antibiotic as prescribed
  + Anti-nausea medication when/if needed
  + Tramadol when/if needed as prescribed
* After surgery, you should keep your head elevated at 45 degree angle when in bed.
* Limit activity to only getting up to use the bathroom with assistance for the first 24 hours.
* You can shower the 24-48 hours after surgery. Be sure to have someone to assist you getting into and out of the shower. Do not scrub the area. Do not submerge the area. Be sure that the water is not too hot. Do not lean your face down while washing your face ast this can start a nosebleed. Dry your hair with a towel or cool dryer. Do not use a hot dryer for the first week.
* For the first week after surgery
  + Restrict physical activity to a minimum
  + Do not bend down or place your head below the level of your heart
* For lower blepharoplasty, most of the time, the sutures that are placed will dissolve on their own. For upper blepharoplasty, you may have dissolvable or removable sutures. If the sutures need to be removed, these will be removed by Dr. Andry at ~5-7 days.
* If you have dry eyes, use Refresh Plus drops in both eyes every 1-2 hours. Apply Refresh PM ointment inside the eyelid each night at bedtime. This may blur your vision slightly, but this will resolve once the lubricant has dissolved.
* Avoid wearing contact lenses for approximately 2 weeks after surgery.
* Avoid eyelid or eyelash cosmetics for 1 week after surgery.
* Incisions and eyes are extremely sensitive after surgery and during the healing phase. It is very important to avoid direct contact with the sun or tanning booths during this time. This can darken your scars or damage your eyesight. Wide brimmed hats and sunglasses are strongly recommended.
* Feelings of tightness, difficulty completely closing your eyes, numbness, and red discoloration of the whites of your eyes are normal in the postoperative period and will gradually improve.
* Tearing or dry eyes are normal after surgery, especially during the first few days.
* Dr. Andry will see you in her office at the 5-7 day time period, then approximately 3 weeks post operatively, 6 weeks, 3 months, 6 months, and 1 year. If you would like to see her more often, please feel free to schedule additional appointments.
* If you have any questions whatsoever, please contact (call or text) Dr. Andry or her patient care coordinator, Mavi. If you have any difficulty getting in touch with them, please feel free to contact her husband and plastic surgery partner, Dr. Nandi Wijay. Our team is happy to answer any question, no matter how big or small to ensure you are taken care of and have the most enjoyable experience possible.