



Rhinoplasty Recovery Checklist

The “Must-Have” items on this checklist are the core essentials you’ll need for a safe and smooth recovery. To make it super easy, all Must-Have products are already organized for you on the website under the Surgery-Specific category, with direct links to each item. Everything else on this list is optional but highly recommended to make your recovery more comfortable, more convenient, and as stress-free as possible. Be sure to also explore the other categories in our Recovery Shop to find additional items based on your personal needs and preferences. Choose what fits for you and build your personalized recovery setup with confidence.

Essential First Item

- Prescribed medications (pain relief, antibiotics)
- Arnica tablets or gel (if approved by surgeon) — for swelling/bruising reduction

Comfort

- Soft pillows to elevate and support
- Cold compresses or gel packs (wrapped, not directly on skin)
- Loose, comfortable clothing that doesn’t pull over the head
- Wedge pillow — ensures correct elevation and prevents rolling sideways

Hygiene

- Gentle facial cleanser or wipes
- Prescribed ointments or saline sprays (as directed)
- Tissues and cotton pads for gentle dabbing
- Sterile cotton swabs (Q-tips) for applying ointment around nostrils (not inside)
- Hydrogen peroxide 3% solution — used sparingly for cleaning dried crusts around the nostrils (only if surgeon advises)
- Small mirror with light — to help you see and clean around the nostrils safely

Mobility & Rest

- Keep head elevated while resting or sleeping
- Avoid heavy lifting, bending, or strenuous activity

- Arrange help for the first 24–48 hours
- Travel neck pillow or microbead pillow — keeps head stable if sleeping upright

Nutrition

- Drink plenty of hydrating fluids (water, electrolyte drinks)
- Eat soft, easy-to-chew foods to avoid strain
- Avoid alcohol and smoking (slows healing)
- Avoid salty foods during first week — helps reduce swelling faster

Essentials

- Prescribed medications (pain relief, antibiotics)
- Lip balm or humidifier for dryness
- Phone, remote, and essentials within reach
- Small trash bag or tissues nearby — gentle wiping instead of blowing

Home Setup & Convenience

Visit our Recovery Helpers section for:

- Small table or organizer to keep essentials within reach
- Back scratcher
- Bedside storage bag
- Adjustable bedside table or tray
- Lap desk
- Grabber tool
- Small bedside trash bin
- Extra blankets

Special Care

- Avoid bumping or touching the nose
- Use saline sprays exactly as directed by your surgeon
- Do not wear glasses or sunglasses resting on the nose until cleared
- Attend all follow-up appointments
- Keep surgeon's emergency contact info handy
- Apply cold compresses only on cheeks and under eyes — never directly on nose
- Avoid hot showers or steam rooms for at least 2 weeks (heat increases swelling)

Mind-Body and Inner Recovery

Visit our Mind, Body & Inner Recovery section for:

- Guided meditations
- Restorative sleep audio

- Bedtime stories for relaxation
- Breathwork & affirmations

Optional Add-Ons

- NeilMed NasaMist Isotonic Saline Spray
- Sterile cotton swabs
- Hydrogen peroxide 3%
- Soft wedge pillow
- Small LED mirror
- Lip balm or mini room humidifier

 **Helpful Tip:** One of the best things you can do for your rhinoplasty recovery is to rest with your head elevated—both day and night. Using extra pillows or a wedge pillow keeps swelling down, prevents accidental bumping, and helps your nose heal in proper alignment. Combine this with gentle saline sprays as directed by your surgeon, and you'll support a smoother, more comfortable recovery.

Disclaimer: *This recovery checklist is for general informational and organizational purposes only. It is not medical advice and does not replace the instructions or recommendations provided by your surgeon or licensed healthcare provider. Always follow your doctor's specific post-operative guidelines, as they may differ based on your procedure, technique, and individual medical needs. Any product suggestions or recovery tips included here are optional and should be used only if approved by your surgeon. After Surgery Supplies™ and its related materials are not responsible for medical outcomes or recovery decisions made by the patient.*

Wishing you comfort, confidence, and a smooth recovery.

Ann Marie