

[Your Clinic's Letterhead]

[Date]

[Patient's Name]

[Patient's Address]

[City, State, Zip Code]

Dear [Patient's Name],

Congratulations on successfully completing your rhinoplasty procedure! We hope you are recovering comfortably. To ensure you achieve the best possible results, please follow these post-operative care instructions carefully:

1. **Rest and Recovery**

- Rest is crucial for your healing. Avoid strenuous activities and bending over for the first week.

2. **Medication**

- Take prescribed pain medication as directed. If you experience severe pain or discomfort, please contact our office.

3. **Swelling and Bruising**

- Some swelling and bruising are normal. Use ice packs on your nose and surrounding area for the first 48 hours to reduce swelling.

4. **Dressings and Splints**

- Keep your splint and any dressings in place until your follow-up appointment. Do not remove them yourself.

5. **Hygiene**

- Avoid getting your nose wet. You may gently clean your face with a damp cloth, avoiding the nose area.

6. **Diet**

- Stay hydrated and consume a healthy diet to promote healing. Soft foods are recommended for the first few days.

7. **Follow-Up Appointment**

- Please schedule your follow-up appointment in one week to evaluate your progress.

If you have any questions or concerns, do not hesitate to contact our office at [Office Phone Number].

Wishing you a smooth recovery!

Sincerely,

[Your Name]

[Your Title]

[Your Clinic's Name]

[Clinic Contact Information]