

RHINOPLASTY (Nose Surgery)

Pre & Post Operative Information Sheet

PRELIMINARY

1. **NO ASPIRIN** or medicine containing aspirin* for 2 weeks prior to surgery because it interferes with normal blood clotting. (*i.e., No Advil, Alkaseltzer, Anacin, Ascriptin, BC, Bufferin, Coricidin, Darvon Compound, Fiorinol, Dristan, Empirin, Excedrin, Midol, Motrin, Percodan, Sine-Aid, Sine-Off, Triaminicin, Vanquish, etc. If in doubt, check with us.) If needed, you may take Tylenol.
2. You may color, bleach, or perm your hair up to one month before surgery. No further treatment until 6 weeks after surgery. Do not invest in an expensive hairdo before surgery.
3. Smokers **MUST STOP SMOKING** 6 weeks before surgery to reduce postoperative complications caused by smoking.
4. Report any signs of a cold, infection, boils or pustules appearing 1 week before.
5. You need to arrange for a responsible adult to drive you to your home or hotel and stay with you the rest of the day and night.
6. **NO ALCOHOLIC** beverages for 1 week before surgery or while taking medications after surgery.
7. You will be given a slip for lab work (possible EKG & chest x-ray) at your second consult. You will be instructed on **WHEN AND WHERE** to have these done. (approx. one week before surgery.)
8. If you have any questions regarding the upcoming surgery, please do not hesitate to call the office between 8am-5pm.

NIGHT BEFORE SURGERY

1. **ABSOLUTELY** no eating or drinking after midnight the night before surgery!

MORNING OF SURGERY

1. No make-up or jewelry or fingernail polish.
2. Do not take any medications without checking with us before surgery.
3. Wear a housecoat or bathrobe that buttons or zips up the front, so it does not have to be put over your head. Wear all cotton panties for surgery.
4. **YOU MUST** have a responsible adult to drive you home after surgery. Upon arrival to the office, give us the name and phone number of your driver/caretaker and where you will be staying the night of surgery. Have this person read these instructions as well. Additional instructions will be given to this person when they take you home.

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AFTER YOUR SURGERY

1. Bedrest with head of bed elevated the first day.
2. You may get up to go to the bathroom with assistance the first day.
3. Take medications according to instructions on bottle. Try to avoid taking pain medications/antibiotics on an empty stomach.
4. **NO HOT OR WARM COMPRESSES TO THE FACE.** You may use 2 small ice packs, one on each side of the nose for the first day or two to prevent swelling/bruising. **DO NOT LAY ICE PACK ACROSS top of nose.** You will also have nasal packing which you are not to remove. **DO NOT BLOW YOUR NOSE.**
5. **THINGS TO EXPECT:**
 - a) moderate discomfort - use pain medications (see #3 above)
 - b) moderate swelling
 - c) bruising/black eyes
 - d) blood shot eyes
 - e) small amounts of blood on the bandages
 - f) exhaustion

CALL US IF YOU HAVE:

- a) severe pain not responding to pain medication
 - b) excessive bleeding (soaking the dressing)
 - c) any other question or problems arise
6. Avoid smoking for the next 2-3 weeks following surgery to prevent coughing and possible bleeding and to promote healing.
7. No alcohol for 4 days after surgery.
8. Avoid sports/strenuous activity for 4-6 weeks. Avoid bending down, lifting, stooping, for 2 weeks, as this may increase swelling and bruising.
9. Avoid prolonged sun exposure for 1 month.
10. You may use the back door for the first 2-3 visits after surgery or while you have bandages on.
11. Feel free to call upon us at any time. We want you to be as comfortable as possible during your healing period.