

# **Rhinoplasty Instructions**

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## **Before the surgery**

- Do not eat or drink anything starting at midnight the day before the operation
  - If you take daily medications, check with your doctor for specific instructions on how to proceed
- Wear comfortable clothing that is not too tight.
  - These clothes have the possibility of getting dirty
  - Shirts with buttons and loose fitting pants are often easiest to get on and off
- Arrange to have someone available to pick you up after your operation
- Leave all non-necessary valuables at home
- Shower the morning before the operation but don't apply any moisturizers, deodorant, or perfume
- Pick up your prescriptions the day before your operation. Bring them to the hospital
- Do not smoke or use any nicotine products as this delays healing and greatly increases the risk of complications.
  - Please let your surgeon know if you have been exposed to smoke or nicotine within 6 weeks of your operation
- Don't take any aspirin, or NSAID's for 2 weeks before your operation

## **What to expect after surgery?**

- You may continue to have some bleeding from your nose that should subside in 4-7 days.
- You will have some swelling that should subside over the next 1-2 weeks.
- Your nose may be blocked for the first week after surgery; this is from blood, mucus,

and swelling inside your nose.

-You may also have a packing/internal splint in your nose for the first 5-7 days. This will be removed by your health care provider.

**Things you should avoid post-op:**

-Do not blow your nose for one week after surgery.

-Do not insert anything into your nose.

-Use hydrogen peroxide to clean the outer part of the nostrils. You may also use an antibiotic or Bacitracin ointment to the outer portion of the nostrils.

-Do not apply heat or ice unless instructed by healthcare provider.

-You will need to wear a medical grade sunscreen for at least 12 months when exposed to sun.

-Try to avoid bending over, rolling on your face while you are sleeping or any other trauma to your nose.

-Do not let anything rest on your nose including glasses for 1 month after surgery.

**At home after Surgery:**

-A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.

-If you have pain or discomfort, take the pain medication every 4-6 hours. It is best to take pain medication with crackers, jello, etc. Alcohol must be avoided while on pain medication. Please be aware that pain medication can cause constipation. You can start stool softeners before surgery, drink plenty of water, drink prune juice, or use a laxative if needed. No driving or operating heavy equipment/machinery while taking prescribed pain medication. Do not take any OTC Tylenol, ibuprofen, aspirin or other pain relievers unless instructed by your health care provider.

-Make sure to finish the entire prescribed antibiotic.

-Keep head elevated when you are resting or sleeping for 7 days after your surgery to keep swelling down.

-Avoid any activity that increases your blood pressure or pulse rate for approximately 2-

3 weeks after your surgery.

-You may shower or bathe after surgery as long as you avoid letting the water hit your face. If you have an external splint, please avoid getting it wet.

**Reasons to call our office:**

-Severe or increased pain that is not relieved by the pain medication prescribed to you. -

Fever greater than 101.5 F.

-Drainage that is foul in odor or yellowish/green in color.

-Increased redness around incisions.

-Increased bleeding or bleeding that does not slow down in 4-7 days.

-Trauma to your nose, such as falling.

For emergencies/after hour or weekend questions or concerns, please call 9143412702.