

Instructions for Rhinoplasty Patients

Before Surgery:

- Maintain a well-balanced diet prior to your surgery. Good nutrition is important for healing. If possible, increase your protein intake. Take a multivitamin daily prior to and after surgery. It is also helpful to begin taking Vitamin C. You may take between 500 and 1000 mg three times per day. However, you should discontinue all vitamins and supplements for the two weeks prior to surgery.
- Do not take aspirin or aspirin-containing products, ibuprofen (Advil, Motrin, Nuprin), naproxen (Aleve, Naprosyn), or high doses of Vitamin E for two weeks prior to and after the surgery.
- You must have someone drive you to and from the surgery. It is recommended that someone stay with you the first 24 hours after surgery.
- On the morning of surgery, you may brush your teeth and rinse your mouth. Do not wear make-up, nail polish, jewelry, or contact lenses. Wear loose-fitting clothing that can easily be removed and put on (button down or front zipper shirts are preferred).
- Do not eat or drink anything after midnight the night before surgery.
- If you smoke, you need to **STOP SMOKING** and avoid second-hand smoke. This is imperative to ensure proper healing.

Shopping List: (items that are helpful to have on hand before surgery)

- Gel ice pack or packages of frozen peas or corn that can be placed in a clean pillowcase and used for ice packs after surgery for the first 24-48 hours.
- Room humidifier or throat lozenges-your lips and throat may become dry due to breathing through your mouth.
- Tape to suspend glasses from your forehead if you must wear eyeglasses after surgery. Any weight or pressure to the bridge of your nose must be avoided for three weeks.
- Saline nasal spray to use after air splints are removed.

After Surgery:

- Keep your head raised on three or four pillows day and night for the first three days after surgery to keep the swelling down.

- It is important to stay quiet with minimal talking for the first 24 hours after surgery. Excessive activity may cause increased bleeding to occur.
- You will be given a prescription for pain medication. Take it as directed. It is important that the medication be taken with food to decrease stomach upset. You will also receive a prescription for steroids that will be given to alleviate swelling, take these only as directed.
- Each patient will have nasal airway splints. These will be removed in the office at one of your post op visits.
- You will have a splint on your nose for about one week after surgery. Do not remove it or get it wet (For an optimal final result, it is imperative that this not be changed or tampered with).
- You will be given gauze pads and tape. Change the drip pad under your nose when it becomes moist. By the evening or the next morning, the drainage will subside. **Call the office or hospital if you have excessive bleeding (bleeding that makes it necessary to change a saturated gauze pad every 10 minutes for a period of one hour).**
- Apply cold compresses or a gel ice pack to your eyes for 24-48 hours after surgery.
- Do not blow your nose until your doctor gives your permission. Any drainage may be gently wiped away.
- Avoid lifting objects 10 pounds or more for two weeks after surgery.
- It is not uncommon to cough up or vomit small amounts of blood after surgery. If it becomes excessive and bright red, notify the office or hospital immediately.
- Nasal and facial swelling decreases and is almost completely resolved at 10-14 days after surgery. There may be residual bruising, which will decrease over the next several days.
- Do not participate in strenuous exercise such as jogging, aerobics, or tennis for three weeks after surgery.
- You may perform suture line care as directed by a physician. An instruction sheet is provided.

If you have any questions or concerns, please do not hesitate to call the Plastic Surgery office at 414-805-5440 during business hours.