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**RHINOPLASTY (Surgery of the Nose) INSTRUCTION SHEET**

**PRE-OPERATIVE DIRECTIONS:**

1. Absolutely NO food or drink after 12:00 MIDNIGHT the evening prior to surgery, including water and coffee.
2. Wash the operative areas thoroughly the night before surgery with soap & water.
3. **DO NOT USE** any makeup the morning of surgery.
4. DO NOT take any medication, as all medication necessary will be given prior to surgery in the operating room. If you regularly take any morning medications for medical conditions, such as heart trouble, high blood pressure or diabetes, please check with our office regarding this. You may take a sleeping pill the night before surgery if necessary.
5. Wear something that buttons or zips up the front. Do not bring anything that must be pulled over your head. **Do not** bring any valuables or jewelry.
6. DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING MEDICINES, OR VITAMIN E for two weeks prior to surgery. TYLENOL may be used instead. DO NOT TAKE IBUPROFEN (Motrin, Advil, etc.) or SIMILAR ANTI-INFLAMMATORIES for seven days prior to surgery.
7. STOP SMOKING at least two weeks prior to surgery or altered and delayed healing may occur.
8. Advance payment is due two weeks prior to surgery.

**POST-OPERATIVE DIRECTIONS:**

1. A plastic splint will be applied to your nose following surgery and you may also have packing inside your nose. The packing **MUST** be left in place until removed in the next few days. A “drip pad” (small gauze held in place with tape) will be placed under the nose to absorb any bleeding or drainage that may occur for the first few days. This can be changed by you at home.
2. The eyes are usually swollen and black and blue for a few weeks after surgery. The use of ice compresses or a baggie with crushed ice placed over the eyes will help to reduce this discoloration. Use the ice continuously, except when eating, for the first three days after surgery.
3. Due to the nature of the surgery, it is common for the irritation to the lining of the nose to cause sneezing. Do not be concerned by this. It is important, however, that you

(OVER)

do open your mouth and allow the pressure to be relieved through your mouth. DO NOT SNEEZE THROUGH YOUR NOSE IF AT ALL POSSIBLE.

4. Do not blow your nose until the plastic splint on the nose is removed, about 8-10 days after surgery. At that time, you will be allowed to gently blow your nose and you may use nose drops and decongestants. Remember, all the surgery was performed inside your nose and the tissues and bones are still healing.

5. Following surgery, you may have difficulty in breathing through your nose. This is a normal occurrence and will gradually improve with time as the internal swelling subsides. During this time you may wish to keep a glass of water next to your bed when you sleep so that you can moisten your mouth and throat during the night. It is advised that you sleep with your head elevated for the first few days after surgery to help decrease swelling. Nose drops and decongestants may be used.

6. You will be instructed to retain the nasal splint and to tape it to your face while sleeping for about two weeks after it has been removed. This is to protect your “new” nose from accidental injury while you sleep.

7. During the time the splint is on your nose, your skin is unable to “breathe” and the normal shedding of skin has been impossible. You may begin normal cleansing of the nasal skin after removal of the splint.

8. Sunbathing is not permitted for a three month period. Damage from the sun comes from overhead, but is also reflected from sidewalks, sand, snow, and water. We are attempting to decrease the nasal swelling which must be avoided totally for this period. A shade hat and sunscreen with a sun protection factor (SPF) of 15 or more should be used when outside for more than a few minutes.

9. Please be aware that the image you see when the splint is first removed is not the final result. It may take over six months before ALL residual swelling has subsided. At times it will appear that all the swelling is between your eyes or it may appear only in the tip of the nose. THIS IS NORMAL, SO PLEASE BE PATIENT. We understand that there is a different face reflected in the mirror than the reflection you saw for many years prior to your surgery. It will take some time to get accustomed to the “new” you.

10. Prescriptions for pain and sleep will be supplied after surgery. Take the medication as directed on the bottles.

11. DIET: Liquids for the first day of surgery, followed by a soft diet for a few days; regular diet thereafter.

\*\*\*Patients who have chin implants must remain on liquid diet and progress to soft foods for the first week. After the chin dressings are removed, a regular diet may be resumed.

12: RETURN OFFICE VISITS:

A. First return visit 1-3 days after surgery, for the nasal packing to be removed.

B. Second office visit 3-5 days after surgery.

C. Third office visit 8-12 days after surgery for, for the splint to be removed.

This information sheet is provided to give you a general idea of what to expect before and after surgery. The above directions may vary slightly for the individual patient. If you have any questions or problems, please do not hesitate to call the office at any time, preferably between 9:00 AM and 5:00 PM on weekdays. Please remember, the healing process does take time, generally 6-12 months, so please BE PATIENT!