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RHINOPLASTY INSTRUCTIONS

Pre-Operative Instructions:

I. Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** surgery. By following them carefully, you will assist in obtaining the best possible results from your surgery. If questions arise, do not hesitate to communicate with me and discuss your questions at any time. Take this list to the hospital with you and begin observing these directions on the day of surgery.

II. You will report to the hospital according to the instructions given to you by our office. Pre-operative lab testing may be necessary depending upon your health status and age. This should be performed within two weeks of your surgery. On the day prior to your surgery, you should confirm with our office your necessary arrival time at the hospital or surgery center. You may not eat anything or drink anything that morning or your surgery will be cancelled. In addition, if you have a cold, cough or fever, the anesthesiologist will evaluate you prior to surgery.

III. Please remove all jewelry including **all** body piercings.

IV. Some patients are given prescribed medications to be taken as directed prior to surgery. Please read the instructions carefully.

V. **Please see the list of medicine including Aspirin and Ibuprofen that must be discontinued two weeks prior to surgery.**

INSTRUCTIONS FOLLOWING RHINOPLASTY

I. Every operation is accompanied by swelling of the surrounding tissues. This is usually greatest the 2nd or 3rd day after the operation. The majority of the swelling will subside within one week. There are several things you can do for the first week, which will help the swelling to subside.

1. During the day stay sit upright or stand as much as possible.
2. The first 2-3 nights after surgery, sleep with the head of the bed elevated with 3 pillows **or preferably** in a recliner chair at a 45 degree angle.
3. Apply ice compresses (not an icebag) to the face and eyes, but **not the nose** for 20 minutes every hour during the day.
4. Avoid bending over or lifting anything heavy.

II. The upper lip should be kept as immobile as possible for the first week.

1. Grinning and smiling should be avoided.
2. Women should use a brush to apply lipstick and do not pull the upper lip down when applying it.
3. The upper teeth should be cleansed with toothpaste on a washcloth and the lower teeth brushed as usual.
4. Avoid chewing gum or food that requires excessive chewing.

III. Facial care.

1. Wash face gently with mild soap and water twice daily after discharge from the hospital.
2. Men can begin shaving (except the upper lip area) as soon as desired.
3. Coat lips with chapstick or vaseline if they become dry.
4. Do not tweeze eyebrows for one week.
5. Ladies are encouraged to use makeup after discharge from the hospital if applied gently. Max Factor's Erase, Cover Away by Adriene Arpel or On Your Marks by Kenneth are very good to color any discoloration. Our aesthetician can also counsel you regarding cover up.

IV. Nasal care.

1. Take care not to bump the nose, especially while sleeping.
2. **Do not blow the nose for one week and then you may blow both sides gently at the same time.**
3. Avoid sneezing. If you have to sneeze, "sneeze" through your mouth.
4. Your nose will be stuffy and you can expect blood tinged drainage for several days. You can wear a "moustache" dressing and change it 3-4 times a day, but do not rub nostrils or base of nose with a kleenex or handkerchief. Should the dressing stick to the nose it may be loosened with a few drops of peroxide.
5. Avoid "sniffing" if the nose feels blocked. This will only aggravate it because the suction creates more swelling.
6. For a stuffy nose, you may use nose drops for 2-3 days such as Afrin. Do not use any longer than 3 days. After 3 days you may use Ocean Nasal Spray 4-6 times daily.
7. After leaving the hospital, the nostrils should be cleansed with a cotton applicator soaked in peroxide. 3 times daily. This should be followed with a light application of Bacitracin Ointment to both nostrils.
8. After the dressing is removed the skin of the nose should be cleansed with a cleansing cream or a mild soap twice daily for one week to remove oily materials. This should be done gently.

V. Other.

1. Eyeglasses can be worn on the nasal bandage, but after it is removed they should be suspended from the forehead by adhesive tape. They must not rest on the nose for 6 weeks after surgery because they can change the contour.
2. Contact lenses may be worn after 3-4 days.
3. Protect the nose from exposure to the sun for 6 weeks. Wear a wide brimmed hat if you have to be in the sun for prolonged periods. Sunscreen with micronized zinc is a must.

4. Hair may be washed in a beauty salon or by yourself after one week, but do not sit under a large hair dryer for two weeks. Do not get nasal dressings wet.
5. No swimming, gym or strenuous athletic activity for one month. No diving or water skiing for two months. Avoid significant exertion for 2 weeks.
6. Smoking and alcohol should be avoided until the bandage is removed.
7. For one week, wear clothing that fastens either in the front or back, rather than the type that must be pulled over the head.
8. It is wise not to pick up small children for two weeks after the operation as they may accidentally hit your nose.
9. Report:
 - a. any excessive pain.
 - b. any rise in temperature over 102.
 - c. any injury to your nose.

VI. Further comments.

1. When released from the hospital, you should make an appointment to be seen 6-7 days from the day of the operation. At that time, the bandage will be removed. This is not uncomfortable.
2. After the bandage is removed the nose will appear fat and may appear “turned up” too much. This will subside to a very large extent within a week.
3. Most discoloration will have disappeared within 7-10 days. The same is true of swelling. The remainder of the swelling, (which the patient sees more than anyone else sees), is present in progressively diminishing amounts for several weeks.
4. The thicker and oilier the skin, the longer it takes the nose to reach its final steps.
5. The tip of the nose sometimes feels “numb” after rhinoplasty, but this eventually disappears.
6. After your dressing is removed we urge you to resume normal activities (with the exception of the prohibitions listed above) as soon as possible. It has been our experience that when patients follow this advice their recovery is greatly accelerated.

VII. Potential Risk and Complications of Rhinoplasty.

1. Bleeding which may require packing or in rare cases a return to the operating room to control.
2. Infection is a rare complication. Look for progressive redness.
3. Moderate to severe pain.
4. Lack of desired cosmetic or functional results can rarely occur and revision surgery may be necessary.