



RHINOPLASTY

Pre-Operative Instructions

- ❖ Please advise Dr. Robbins if you are taking any blood thinning medications (e.g. Warfarin, Ibuprofen, NSAIDS, Plavix, Aspirin). These will need to be discontinued 10 days prior to surgery per Dr. Robbins instructions.
- ❖ DO NOT take any of the following prior to surgery:
 - Anti-inflammatories
 - Homeopathic medications
 - Vitamin E
- ❖ Take a bath or shower daily with an anti-bacterial liquid soap, like dial liquid soap, or hibiclens starting 3 days prior to surgery.
- ❖ DO NOT eat or drink after midnight the night before surgery.
- ❖ If you are a smoker-Stop smoking 2-3 months prior to surgery. Smoking causes slower and compromised healing time.
- ❖ DO NOT wear jewelry, dentures, hearing aids, or contact lenses the day of surgery.
- ❖ DO NOT wear make-up, moisturizer, lipstick, deodorant, or nail polish the day of surgery.
- ❖ You will need to start taking Arnica Montana 3 days prior to surgery. This will help with post operative bruising. You can get this at GNC or the Vitamin shop.
- ❖ Wear comfortable, loose fitting clothing that buttons in the front.
- ❖ You will need to arrive 2 hours prior to your surgery time.

Post-operative Instructions

- ❖ Have someone to drive you home after surgery and help you at home for 1-2 days.
- ❖ Avoid bending, lifting, pulling, pushing, straining, and exercise for 3 weeks.
- ❖ You may bath but not shower while the splint is on. The splint must remain dry.
- ❖ Splint will remain on for 1 week. Dr. Robbins will remove it in the office.
- ❖ It is normal to have some bleeding over the first 12 hours but should gradually decrease. You will need to change the drip pad as needed.
- ❖ It is normal to have a pinkish-reddish discharge from your nose and throat for the first 3-4 days. This will gradually subside.
- ❖ DO NOT blow your nose or sniff excessively as this will irritate the healing tissues. If you must sneeze open your mouth.

- ❖ You may use cold compresses on your face and nose for swelling and comfort.
- ❖ You will have a prescription for an antibiotic as well as a pain medication that you will need to start when you get home from the hospital.
- ❖ You may want to sleep in a recliner or elevated with pillows to decrease swelling.
- ❖ If you are a smoker, remain smoke free for at least 6 weeks after surgery.
- ❖ DO NOT take aspirin or any products containing aspirin for 2 weeks.
- ❖ Increase fiber and fluid intake to prevent constipation from the narcotics.
- ❖ Cough and deep breath every 2 hours to prevent pneumonia.
- ❖ After the packing is removed, you will need to use saline nasal spray 4-6 times per day to promote healing and provide comfort.
- ❖ You may start driving when you are off all narcotics.

What to expect

- ❖ Swelling and bruising around the eyes and cheeks is variable. Swelling and bruising maximizes at about two days then subsides over the next 5-7 days.
- ❖ Expect your nasal passages to be obstructed by swelling for about two weeks. A humidifier may help you to sleep by allowing you to breath through your mouth more comfortably.
- ❖ When the cast is removed, the nose will be quite swollen and the nasal tip will be turned up slightly. This will settle down over the next 3-4 days, then more gradually thereafter.

When to Call the Office

- ❖ If you have severe or increased pain not relieved by medication.
- ❖ If you are having side-effects to medications, such as rash, nausea, headache, or vomiting.
- ❖ If you have a temperature >101.5 degrees.
- ❖ If you have drainage from the incision or drains with a foul odor or cloudy color.
- ❖ If you have bleeding from the incisions that does not stop with pressure.
- ❖ Excessive warmth or redness that is spreading from the incision site.

