



RHINOPLASTY

PRE-OPERATIVE INSTRUCTIONS

Three (3) Days Prior To Surgery Date:

Arnica Montana Pellets/Gel are recommended to reduce bruising. These may be purchased at GNC or Whole Body.

- Begin taking pellets 3 days before surgery as recommended on bottle and continue for 1-2 weeks after surgery.
- Gel may be applied to bruised areas of face beginning the day after surgery. **DO NOT** apply to incisions.

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 prior to surgery per Dr. Robbins's instructions

- **DO NOT** take any of the following 10 days prior to surgery:
 - Anti-inflammatories (ibuprofen, motrin, aleve, advil, aspirin)
 - Homeopathic medications
 - Vitamin E, fish oil, multi-vitamins
- Take a bath or shower daily with an anti-bacterial liquid soap, like dial liquid soap, or hibiclens (can be purchased at Walgreens or cvs) starting 3 days prior to surgery.
- **DO NOT EAT** after midnight the night before surgery, you may **DRINK** clear liquids (Gatorade, Powerade, Pedialyte, water, black coffee or tea) **UP TO TWO HOURS PRIOR TO ARRIVAL ON SURGERY DAY**
- 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, lipstick or deodorant, on the day of surgery
- Wear comfortable, loose fitting clothing that buttons in the front
- You will need to arrive 2 hours prior to your surgery time (unless otherwise instructed)

POST OPERATIVE INSTRUCTIONS

DRESSINGS/BATHING/SUTURES

- Your nose may be packed with a **cotton gauze** and a **nasal splint** applied. A gauze "**drip pad**" will be secured beneath your nose with tape
- The **splint must remain dry and in place for 1 week** until your first post-op appointment when Dr. Robbins will remove the splint and packing
- **Change the drip pad** as needed. You will have some bleeding over the first 12 hours and it will gradually decrease
- **Tiny sutures** along nasal crease are removed at first post-op appointment
- **DO NOT TAKE SHOWER OR BATH UNTIL YOUR SPLINT IS REMOVED** *at your one week post-operative visit, steam will loosen your splint*

MEDICATIONS

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone) **anti-nausea** (*Phenergan/promethazine or Zofran/ondansetron*) as well as a **scopolamine patch** and **antibiotic** (Keflex/cephalexin, doxycycline, or Cipro/ciprofloxacin) prescription.

*The goal is to *stay ahead of the pain* so you can rest comfortably and eat/drink without nausea or constipation.

- Your **pain** medication should be taken with food in your stomach, even if you don't have an appetite, have some crackers or yogurt with it
- Your **anti-nausea** medication is prescribed since narcotic pain meds can increase your chance of nausea/vomiting
- Your **antibiotic** is to prevent infection, take the medicine as prescribed beginning the day you get home from surgery until the entire bottle is empty
- **Take ALL of your medications as prescribed, at least for the first 24-48 hours after surgery**
- DO NOT take aspirin or any products containing aspirin **until 3 days after surgery**

SLEEP/ACTIVITY

Sleeping in a recliner or with your head elevated on pillows is recommended to reduce swelling.

- **Using a humidifier** for about 2 weeks is recommended-especially during sleep. This helps prevent dry mouth and throat, as your nasal passages will remain obstructed for approximately another week after removal of packing.
- Once packing is removed, you will **use saline spray 4-6 times/day** to promote healing and provide comfort
- **DO NOT BLOW YOUR NOSE! Sneeze with your mouth open** and **do not sniff excessively**. These actions will irritate healing.
- **Avoid bending, lifting, pulling, pushing, straining and exercise** for 3 weeks and moderately strenuous exercise and contact sports for 6 weeks

WHAT TO EXPECT

- A pinkish red discharge from your nose and throat is normal and expected for the first 3-4 days. This will gradually subside.
- Swelling and bruising around the eyes and cheeks is expected and maximizes at about day 2 post-op. This will subside over the next 5-7 days.
- When the splint is removed, the nose will be quite swollen and the nasal tip will be turned up slightly. This will settle over the next 3-4 days, then more gradually thereafter.

NOTES:

Robbins Plastic Surgery
503 Spruce Street, Nashville, TN 37203
Phone: 615-401-9454 | Fax: 615-873-1934