



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, Whole Body, or any health food store.

- 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. Robbin'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
- 3 days prior to surgery, shower daily with an anti-bacterial liquid soap (i.e., Dial). This can be purchased at Walgreens or CVS.
- **DO NOT EAT OR DRINK** after midnight the day of your surgery. This means no food, water, or liquids that day of 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, lipstick or deodorant, on the day of surgery.
- Wear comfortable, loose-fitting pants and tops that button in the front. No skinny jeans, leggings, or pants with any metal on them.
- You will need to arrive 2 hours prior to your scheduled surgery time. Your arrival time is attached in your folder.

POST OPERATIVE INSTRUCTIONS

DRESSINGS/BATHING/SUTURES

- Your nose will have a **nasal splint** applied. A gauze “**drip pad**” will be secured beneath your nose with tape. The drip pad may be changed as often as you need to.
- If packing is placed this will be removed at our office approximately 3 days after surgery. (You will be given a date and time for this following surgery, IF NEEDED.)
- The **nasal splint must remain dry and in place for 1 week** until your first post-op appointment when Dr. Robbins will remove the splint. You may not shower until AFTER the splint has been removed. This also includes no hot steamy baths as this will cause the splint to come off before your 1-week visit.
- **Tiny sutures** along nasal crease will be removed at your 1-week post-op appointment.
- You may **use saline spray 4-6 times/day** to promote healing and provide comfort as needed AFTER THE SPLINT HAS BEEN REMOVED.

MEDICATIONS

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone) **anti-nausea** (*Phenergan/promethazine or Zofran/ondansetron*) and **antibiotic** (Keflex/cephalexin, doxycycline, or Cipro/ciprofloxacin) medication. Goal is to stay ahead of the pain so you can rest comfortably and eat/drink without nausea or constipation. Our office recommends starting an over the stool softener, MiraLAX, Dulcolax prior to surgery. After surgery it is recommended to take it preventatively every day until you are no longer on the narcotic pain medicine. IF YOU HAVE NOT HAD A bowl movement 3-4 days following surgery then you may take Milk of Magnesia or Magnesium Citrate. These are both available over the counter. Follow the instructions listed on the package. **(SEE ATTACHED MEDICATION LIST)**

- 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. This will prevent nausea caused by the pain medicine.
- 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. This DOES NOT need to be taken prior to surgery.
- **Take ALL your medications as prescribed, at least for the first 24-72 hours after surgery.**
- DO NOT take aspirin or any products containing aspirin or ibuprofen, Aleve, Motrin **until 5 days after surgery.**

SLEEP/ACTIVITY

- **Sleeping in a recliner** or with your head elevated with pillows in the bed is recommended to reduce swelling and for the first week after surgery. Then you may sleep as tolerated.
- **Use humidifier** for about 2 weeks is recommended especially while sleeping. This helps prevent dry mouth and throat, as your nasal passages will remain obstructed for approximately a week after surgery.
- **DO NOT BLOW YOUR NOSE! If you must sneeze, then sneeze with your mouth open and do not sniff excessively.** These actions will irritate healing.
- **NO bending or stooping for the first week after surgery.**
- **Avoid any activity that is strenuous, lifting, pulling, pushing, straining** for 3 weeks after surgery. You may resume physical activity as tolerated after 3 weeks. No contact sports or activities with any balls (i.e., tennis, racquet ball, etc.) for 8 weeks after surgery.
- NO glasses on the nose until 3 weeks after surgery.
- You may resume driving once you are no longer taking pain medication or any medication that makes you drowsy.

WHAT TO EXPECT

- A pinkish red discharge from your nose and throat is normal and expected for the first 24-48 hours after surgery. This will gradually subside.
- Swelling and bruising around the eyes and cheeks is expected. This will subside over the first week after surgery.
- When the splint is removed, the nose will be quite swollen and the nasal tip will be turned up slightly. This will settle over time.
- The results of a rhinoplasty are not seen until at least 3 months following surgery and can take up to a year to see the results.

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