

## **RHINOPLASTY INSTRUCTIONS**

### **INSTRUCTIONS PRIOR TO SURGERY**

#### **NO ASPIRIN ONE WEEK PRIOR TO SURGERY**

- 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 your physician 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. Some hospitals require you to be present the day prior to surgery. Some hospitals prefer that you arrive the day of surgery. If you are to have surgery in the afternoon, do not eat or drink anything that morning or your surgery will be cancelled. In addition, if you have any cold, cough, or fever, we would prefer to delay the surgery until your health has improved.
- III. Please remove all jewelry including all body piercing.
- IV. Some patients are given prescribed medications to be taken as directed prior to surgery; medicine remaining should be taken as prescribed after your leave the hospital.

#### **INSTRUCTIONS FOLLOWING RHINOPLASTY**

- I. Every operation is accompanied by swelling of the surrounding tissues. This is usually greatest the 2<sup>nd</sup> and 3<sup>rd</sup> days after the operation. The largest amount of this will subside within a week. There are several things you can do for the first week, which will help the swelling to subside.
  1. During the day stay sitting or standing as much as possible.
  2. Sleep with the head of the bed elevated with 2-3 pillows or in a lazy boy recliner.
  3. Ice compresses (not an icebag) to the face and eyes, **but not the nose** for 20 minutes every 2 hours 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 two weeks.
  1. Grinning and smiling should be avoided.
  2. Women should use a brush to apply lipstick and do not pull 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 hospital.
2. Men can begin shaving except the lower lip area, as soon as desired.
3. Coat lips with oil 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. Mac Factor's Erase or Cover Away by Adriene Arpel, or "On Your Marks" by Kenneth are very good to color any discoloration.

### IV. Nasal Care

1. Take care not to bump nose, especially while sleeping.
2. Do not blow nose for one week and then you may blow both sides 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, use nose drops for 2-3 days such as Afrin. Do not use longer than 3 days.
7. After leaving the hospital, the nostrils may be cleansed with a cotton applicator dipped in peroxide.
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 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 one month. Wear a wide brimmed hat if you have to be in the sun for prolonged periods.
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 exertion.
6. Smoking and alcohol should be avoided until the bandage is removed.
7. Continue medication you take home from the hospital, as directed, until the supply is exhausted.
8. For one week, wear clothing that fastens either in the front or the back, rather than the type that must be pulled over the head.
9. It is wise not to pick up small children for two weeks after the operation as they may accidentally hit your nose.

#### 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 6-8 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 feels more than anyone else sees), is present in progressively diminishing amounts for several weeks.
4. The thicker and more oily the skin, the longer it takes the nose to reach its final steps.
5. The tip of the nose sometimes feels "numb" after the 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.

**I have read and understand the above information. I have been given the opportunity to ask any questions regarding this surgery.**

**Signature:** \_\_\_\_\_

**Witness:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Date:** \_\_\_\_\_