

PREOPERATIVE AND POSTOPERATIVE INSTRUCTIONS: **RHINOPLASTY**

Before Surgery

Optional - Start Arnica Montana five days before your surgery. Take with meals and continue for five days after surgery.

REMEMBER: No blood thinning agents for two weeks before surgery.

1. Nothing to eat or drink after midnight the night before surgery.
2. Bathe or shower the night before or morning of surgery.
3. Do not apply any makeup or any cosmetics to your face.
4. Leave all valuables home.
5. Wear comfortable clothing and something that buttons or zips up the front.
6. You **MUST** have someone to drive you home or over to the recovery center after your surgery if you are spending the night there.
7. Bring your prescriptions with you in a plastic bag with your name and date written on the bag.
8. Allow adequate travel time to arrive at the surgery center on time.

After Surgery

1. Always eat a little something (toast, crackers, applesauce, yogurt or jello) before taking your medications, especially the first dose.
2. Take your medications as directed to allow them to effectively control pain and prevent infection.
3. Sleep with your head up, and upper body elevated to a 45' angle. Recliners work well or pillows stacked in a wedge form. Do this for the first week.
4. **DO NOT BLOW YOUR NOSE** until instructed. Wipe or dab the nose gently with a cotton swab and hydrogen peroxide.
5. Change the dressing under the nose (if present) as needed. It is no longer necessary to wear the dressing that has been placed under your nose once the drainage has stopped.
6. Brush your teeth gently with a soft toothbrush. Avoid manipulating the upper lip to keep the nose at rest.
7. You may wash your face carefully, avoiding the dressing. Take tub baths (not hot) until the nasal splint/dressing is removed. Do not get the splint/dressing wet.
8. The outer splint/dressing will be removed at your first-week postoperative visit. It is advised to shower the morning of that visit to get the **ENTIRE SPLINT WET**. This helps to slide the splint off easily with no discomfort.
9. No strenuous activity for two weeks following surgery; there is no restrictions on activities six weeks after surgery. Limit bending and or lifting more than 10 lbs the first few weeks.
10. **DO NOT TAKE ANY CHANCES!** Please contact us if you are concerned about anything you consider significant. Our phone number is 435-628-3334.