

*Rhinoplasty*

PREOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

Have your prescriptions filled.

Do not take Aspirin or aspirin containing compounds, Anaproxin, Ibuprofen, herbs and vitamins for two weeks before or after your surgery. These products cause bleeding and bruising. You may take Tylenol.

If you take any other medication daily, please notify the Doctor.

If you develop any respiratory symptoms (i.e. cold, fever, cough) prior to surgery please notify the Doctor.

DAY BEFORE SURGERY

1. The night before surgery, shower and wash your hair with Technicare soap.
2. Do not eat or drink anything after midnight the night before surgery.

DAY OF SURGERY

1. You may brush your teeth and rinse your mouth but do not eat or drink anything.
2. Wear no make-up or nail polish.
3. Prior to surgery, remove contacts or glasses and notify the nurse if you have dentures.
4. Do not bring any jewelry or valuables.
5. Wear loose comfortable clothes that do not have to be put on over your head. Wear flat shoes.
6. Someone must drive you to and from surgery and stay with you the first 24 hours.

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POSTOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

1. A splint may be placed on the nose during surgery. Keep this dry and in place until the Doctor removes it.

2. There may be gauze packing in the nose which will be removed in 1-2 days. A small dressing is taped to the bottom of the nose to catch any drainage that may leak through the packing. This small dressing may be changed as necessary.
3. The eyelids may be bruised and swollen for a few days. Ice compresses may be placed over the eyes and face for intermittent periods during the first 24-36 hours to reduce the swelling and bruising. After 48 hours warm compresses may be used to help the bruising resolve more quickly.
4. Sleep with your head elevated on two pillows for the first few days. Avoid bending over as this may cause bleeding.
5. Even after the packing is removed it will take several weeks before all swelling resolves and normal breathing is possible.
6. If you wear glasses, check with the Doctor before you start wearing them after surgery.
7. If you feel the need to sneeze, open your mouth during the sneeze to prevent excess pressure in the nose. Do not blow your nose until the Doctor tells you that you may do so.
8. Begin taking sips of liquids as soon as possible after surgery. You may advance to a regular diet as you tolerate it. Avoid spicy or greasy foods for the first 24 hours as they may cause nausea.
9. A prescription for pain medication will be provided. Take the medication as needed. Never take pain medication on an empty stomach.
10. Oral care is very important since breathing through your mouth will make your mouth seem dry.
11. Use of a vaporizer/humidifier especially at night, may decrease the discomfort from dryness of the mouth and nose.
12. Things to report to the Doctor:
  - pain not controlled by the pain medication
  - temperature of 101 degrees or more
  - excessive bleeding or swelling
  - nausea and vomiting