

NASAL SURGERY

Surgery Date: _____ Place: _____ Arrival Time: _____

TWO WEEKS BEFORE SURGERY:

1. Some medication can interfere with anesthesia and cause undesirable side effects that can affect your surgery. Please read over the enclosed medication information list and let us know if you take any of them. Aspirin should not be take 1 week before or after surgery. Tylenol is a good medication to take for any aches or pains you may have prior to surgery.
2. Smoking will affect how you heal. It is very important to stop smoking 2-3 months before your surgery.
3. If you develop a cold, facial sore or any other illness prior to surgery, please notify us.
4. If you are having surgery as an outpatient, please be sure arrangements have been made for a responsible adult to drive you to and pick you up after your surgery and to stay with you for the first 24 hours.

EVENING BEFORE SURGERY:

1. Shampoo your hair and wash your face. Do not use conditioner or hair spray after shampooing.
2. Make some jello and/or soup for after surgery.
3. Get a good night's rest.
4. Do not eat or drink anything after midnight.

MORNIG OF SURGERY: Be at the Surgery Center/Hospital at: _____

1. Do not eat or drink **anything** if your surgery is scheduled before noon. If your surgery is scheduled after noon, you may have coffee or tea and dry toast no later than 6 hours before your scheduled surgery time.
2. Do not wear wigs, hairpins, hairpieces, or jewelry. Dress in loose-fitting comfortable clothes. **Do not wear pullover tops or panty hose.** Wear slip on shoes.
3. Have someone drive you to your surgery and make certain a responsible adult will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home.

AT HOME AFTER SURGERY:

1. After surgery it is best for you to go to bed with your head elevated on 2 pillows.
2. Apply ice gauze or patches to your eyes as much as possible during the day for the first 6-8 hours as this will minimize the amount of swelling you will have after surgery. Do not put pressure on the nasal cast or internal splints.
3. Do not be alarmed if you continue to swell after the first 24 hours. **Swelling reaches its peak at 48-72 hours.**
4. If you have pain, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medicine should not be taken together.
5. A light diet is best for the day of surgery. Begin taking liquids slowly. You can start a soft regular diet the next day. For 2 weeks avoid foods that require excess lip movement, ie., apples, corn on the cob, etc.
6. You will probably have a bloody nasal discharge for 2-4 days so change the drip pad under your nose as often as needed. Do not rub or blot your nose, as this will tend to irritate it. You may discard the drip pad and remove the tape on your cheeks when the drainage has stopped.
7. To prevent bleeding, do not sniff or blow your nose for the first two weeks after surgery. Try not to sneeze, but if you do, sneeze through your mouth.
8. While the nasal splint is on, you may have shower the day following surgery per physician's approval. The nasal cast is fine to get a little wet.
9. Keep the inside edges of your nostrils and any stitches clean by using a Q-tip saturated with hydrogen peroxide followed by a thin coating of Vaseline ointment. This will help prevent crusts from forming. You may advance the Q-tip into the nose as far as the cotton on the Q-tip but no further. There is little you can do to hurt anything inside your nose as long as you are gentle in your actions.

GENERAL INFORMATION:

1. The cast will be removed 5-7 days after the surgery.
2. After the cast is removed, the nose can be washed gently with a bland soap and makeup can be applied. Moisturizing creams can be used if the nose is dry.
3. The tip of the nose sometimes feels numb after rhinoplasty and occasionally the front teeth will feel "funny". These feelings will gradually disappear.

4. Most of the swelling will be gone by 3-4 weeks after surgery. It will usually take about a year for the last 10% of the swelling to disappear. Your nose may feel stiff when you smile, and not as flexible as before surgery. This is not noticeable to others and things will gradually return to normal.
5. Strenuous activity/heavy lifting of objects greater than 15 lbs should be avoided for 6-8 weeks.
6. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months.
7. Please take all medication carefully and as directed.
8. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
9. If you develop a fever (oral temperature greater than 102, redness or increased pain at the surgical incisions, please call us immediately.

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