

“PRE & POST OPERATIVE INSTRUCTIONS for SEPTO-RHINOPLASTY by DR. NADERI (Revised 2017 Edition)

BEFORE SURGERY (2-4 WEEKS):

- Make sure all your questions are answered before surgery and fully understand the benefits as well as risks and limitations of surgery.
- Make sure you have completed the necessary labs, blood tests and doctor's visits and "clearances" 2-4 weeks before surgery.
- Make sure you have checked with your own insurance company regarding your deductibles, benefits and coverage. You are responsible for this.
- THIS IS VERY IMPORTANT: Read all food and drink labels to make sure you are not consuming anything that can increase your bleeding. This includes most pain and anti-inflammatory medications, blood thinners, herbal teas and supplements such as Flaxseeds, Fish Oil, Omega-3, Garlic, Ginseng, etc. (strictly read all food and drink labels to make sure none of these ingredients are part of your food, drinks, protein powders, energy drinks, etc). Excess bleeding during surgery can affect results. See the additional attached list of foods & supplements to avoid and ones you can take.
- Fill all your prescriptions. Start antibiotic ointment inside nostrils 1 week prior to surgery (3x/day). Start Arnica 2 days before & continue until finished.
- Dark green leafy vegetables, Arnica, and pineapple juice can help reduce bruising.
- Hydrate well before surgery. Avoid alcohol and caffeine a week prior. Quit smoking and avoid all Nicotine products at least 2 weeks before.
- Do not eat or drink 12 hours before your surgery. You may take important medications with a small sip of water
- Dress comfortably to surgery. No makeup or jewelry. No eyeliner. Remove piercings. Wear button-up / zip-up shirt to avoid snagging on nose
- Have someone drive you to and from surgery and stay with you for 24 hours after surgery. You cannot take a Taxi alone.
- Try to be relaxed and calm as much as possible. You have done your homework and asked all your questions. The day of surgery is the time to think happy thoughts. Calm, relaxed thoughts help reduce your blood pressure and reduce intra-operative bleeding and help with smooth anesthesia.

IMMEDIATELY AFTER SURGERY (DAYS 1-7):

- Start taking your antibiotics by mouth the evening you get home after surgery with some non-greasy, easy-to-digest food.
- Start taking the Medrol Dose Pack steroids the day after your surgery. Follow the instructions on the medication box until finished.
- If needed, take only the pain medicines we gave you or Tylenol (if OK'ed by your doctor). (No Aspirin, Motrin, Aleve, Ibuprofen, Excedrin, etc.)
- In addition to icing, Arnica and organic pineapple juice can help reduce swelling and bruising
- You may be nauseated. Use the anti-nausea medication as needed. Vomiting "swallowed blood" after surgery may occur.
- Use cold compresses on your eyes, cheeks and forehead (not nose) without getting your nose cast too wet. Use frozen peas in a sealed zip-lock bag.
- Do not lay down flat. Have your back and head elevated at least 45 degrees to reduce swelling. Do this for at least 1-2 weeks.
- You will have bloody-colored drainage after surgery. Take a stack of gauze from the surgery center and change the "drip pad" gauzes every 10-20 minutes initially as needed. Over the next day, drainage should slow down but still change the gauze at least every 2 hours. Apply a THICK layer of Vaseline ointment to each new gauze before placing under the nose to keep nostrils moist. Use the drip pad for at least 48 hours. You may stop using the drip pad after 48 hours or you can continue to use it the whole week if you prefer.
- No Q-tips use inside the nose for the first 2 days.
- If you have "packing," apply a thick layer of Vaseline over the nostrils to keep packing moist.
- You will have swelling and bruising. This is normal. The 3rd day may be the worst as far as swelling, pressure and pain. The more you ice the cheeks and eyes and forehead the first 2 days, the easier your 3rd day and beyond will be. The less swelling, less scar tissue, the faster recovery and nicer results.
- You may take lukewarm showers from neck down but do not get your face wet. NO hot showers. No Baths. You must keep your nose cast dry until the night before cast removal appointment.
- Eat and drink as tolerated. Drink plenty of fluids using a straw. Eat small bites. Use a small fork or spoon. Use a small toothbrush.
- If the bleeding is heavy or non-stop like an open faucet, go to the nearest ER (preferably the INOVA Fair Oaks Hospital ER if possible and safe). Call 911 for an Ambulance if needed.
- Do not open your mouth too wide. Try not to smile or laugh. This drops your tip prematurely. Try to keep a stiff upper lip and face without much movement. If you have to sneeze do so with your mouth open. No nose blowing and no nose wiping.
- Do not cut or pull any sutures (stiches) or trim any part of the tape or cast. Leave it alone.
- Gently clean around your nostrils 4- 6 times a day starting 2 days after surgery with Hydrogen-Peroxide-soaked-Q-tips. Apply a thick layer of Vaseline after each cleaning. Keep the nostrils clean and scab-free. We do not want the blood and mucous hardening and scabbing. Keep it moist. Lots of ointment. Do not go digging inside with the q-tip. Do this yourself. We do not want your parents doing this for you. There is a reason for this.
- Use Saline Nasal sprays gently starting 10 days after surgery to moisten blood clots inside your nose. You may sniff gently.
- Get your face and nose cast soaking wet for 20 minutes each on the night before and the day of your cast removal (2 showers) so that Dr. Naderi can remove your cast easily and painlessly. If you have dry skin, then take a third shower. Do not use hot water. Just mild lukewarm water.
- When the cast comes off there will be swelling. This is normal. It can take 3-5 years or more for most of the swelling to subside. But you should have a nicer nose even with the cast on. Start enjoying your nose every day and do not wait for "final results!"

AFTER CAST REMOVAL (DAYS 8-30):

- Refrain from excess smiling and laughing. Continue to keep a stiff face
- No exercise or straining for at least 1 month. No nose blowing for one month. This may give you a nose bleed or extra swelling.
- Avoid excess heat, sun, activities, air-travel as much as possible. These all create excess swelling and scar tissue.
- Continue cleaning the inside of the nostrils at least 3 times a day with Hydrogen Peroxide soaked Q-tips gently. Apply lots of Vaseline ointment after each cleaning. The Vaseline lubrication is what melts the dissolvable sutures over the next few weeks. Use the saline sprays more frequently.
- Gently clean the outside of the nose with Astringent or Toner soaked cotton balls. No aggressive wiping. Do not move the nose. No pressure on the nose. Do not use any Bioré® Strips for at least 3 months! These lift the skin off the nose when removing and cause extra scar tissue and swelling
- Avoid glasses and goggles for at least a month. Avoid getting the nose hit. Avoid dogs, kids, hugs, crowds. Continue to sleep propped up to reduce swelling.
- There will be swelling 100% of the time and subtle asymmetries. No such this as "perfect." Swelling gets worse after splint removal. Do not focus on these. Nose will change hourly & daily for years to come. Enjoy the improvements starting now. There is no "final result." Avoid "selfie" pictures for 6 months. Be patient.
- There will be minor asymmetries inside and outside. These are normal. New slight irregularities may result along where bone and cartilage edges are healing. These are normal. A very minor "touch-up" revision may be required to smooth things out in about 5-10% of cases. We monitor your healing.
- We are a team. Do not start doubting your decision or our advice. Do not seek advice on Google or RealSelf. Trust Dr. Naderi who knows you and your nose.
- Your skin may be dryer or oilier. Your nose may be runnier or dryer. Your skin may be more red or purple. Your tip will be numb & nostrils will be stiffer. Your smile may be stiffer. One side of the nose may be easier to breathe through. These should improve over many months. Do not expect "perfection." Enjoy your new nose!

****At any time if there is an emergency, go to your nearest ER (Preferably the INOVA Fair Oaks Hospital Emergency Department)****

****In case of nose bleeds or concerns call us early in the day. Do not leave it till late at night when options are more limited****

Foods & Supplements to avoid 2 weeks before surgery

The list of foods and medications can increase risk of bleeding. Please AVOID:

- Aspirin, Motrin, Ibuprofen, Advil, Aleve, Naprosyn, NSAIDs and NSAID containing cold or pain medications
- Blood thinners including: Coumadin, Heparin, Pradaxa, etc.
- All nuts (walnuts, almonds, almond milk, almond butter, cashews, foods with nuts)
- All seeds (Flaxseed, Chia, grapeseed, tahini and food or breads with seeds)
- Avocado, guacamole
- Omega-3s (read ingredient labels. Omega-3's are added even to some Eggs these days)
- Workout & Protein powders unless it is pure amino acids with nothing added
- Vitamin D, Vitamin E
- Melatonin
- Papaya
- Alcohol especially Red Wine
- Herbal supplements (Ginkgo, Ginseng, St. John's Wort, Echinacea, etc)
- Turmeric, Garlic, Ginger, Licorice
- Health food store pills, drinks, juices or smoothies
- Granola bars
- Green tea
- Tempeh
- Sprouts
- Quinoa
- Fish OR Fish oil
- Look to avoid foods with above ingredients such as Muffins with nuts, bread with seeds, eggs with added Omega-3, sushi, seaweed, hummus, grapes, pomegranate, tomatoes, etc.

****Check with your prescribing doctor before stopping any medications***

Foods and medications that are safe to take before surgery

- Pineapples and Pineapple Juice
- White and Brown rice (no wild rice)
- Chicken, Turkey, Beef, Pork, Lamb (all meats other than fish)
- Beans, Lentils,
- Lettuce, Kale, Broccoli, Brussel Sprouts, all green vegetables
- Citrus fruits
- Bread (make sure no seeds and no added Omega-3s)
- Tofu
- Milk (make sure no added Omega-3)
- Yogurt (make sure no added Omega-3)
- Eggs (make sure no added Omega-3)
- Tylenol
- "Pure" Pea, Soy or Whey Protein powder (with no added Omega-3 or other ingredients)
- "Pure" Arnika (Arnica) tablets with no added Echinacea