

## **“PRE & POST OPERATIVE INSTRUCTIONS for SEPTO-RHINOPLASTY by DR. NADERI (Revised 2018 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 – this is your responsibility.
- 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, nuts, seeds including Flaxseeds, Fish, Fish Oil, Omega-3, Garlic, Ginseng, Ginger, 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 as well as the ones you can take.
- Fill all your prescriptions. Start thick layer of antibiotic ointment inside nostrils 1 week prior to surgery (3x/day) to reduce bacteria. Start Arnica 2 days before & continue until finished.
- Dark green leafy vegetables, Arnica, and pineapple juice can help reduce bruising and swelling.
- Hydrate well before surgery. Avoid alcohol a week prior and avoid caffeine 24 hours before. Quit smoking at least 4-6 weeks before and avoid all Nicotine products 2 weeks before.
- Do not eat or drink 12 hours before your surgery. You may take important prescription medications with a small sip of water
- Dress comfortably to surgery. No makeup or jewelry. No eyeliner. No lotions. No sunscreen. Remove all 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 at least 24 hours after surgery. You cannot take a Taxi alone.
- Tell your doctors any changes to your medical history since the last time you were seen. This is surgery is a partnership between you and your doctor and you are a team!
- 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. Avoid heavy foods.
- Start taking the Medrol Dose Pack steroids the day after your surgery. Follow the instructions on the medication box until finished. Start with 6 pills first day and continue 5,4,3,2,1 till done.
- 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. Fresh pineapple slices are even better.
- 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 or even longer. Lying flat will increase scar tissue.
- 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. Be gentle with Q-tips afterwards. Aggressive or deep cleaning can start a nosebleed and require a trip back to surgery!
- If you have "packing," apply a thick layer of Vaseline over the nostrils to keep packing moist. Do not attempt going inside the nose.
- You may have "absorbable packing" which does not cause pain and does not need to be removed. Do not manipulate it. Cover the nostrils with a thick layer of Vaseline.
- You will have swelling and bruising. This is normal. The 3<sup>rd</sup> 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 3<sup>rd</sup> 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 or baths as it may cause a nose bleed or dizziness. 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.
- If the bleeding is mild, apply the drip pad back under your nose like you had it immediately after surgery. Take your pain medication. Apply cold compresses on the face. Relax. Most often the bleeding will stop as it did right after your surgery. If it continues or if you feel it in the back of your throat call your doctor or 911 and go to the nearest ER (preferably INOVA Fair Oaks H.)
- 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. If it starts to come off, email us a photo. We may remove it and re-tape your nose.
- 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 but do not go deep into the nose. Do not look up there! 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. You must do your own "cleaning."
- Use Saline Nasal sprays gently starting 10 days after surgery to moisten blood clots inside your nose. You may sniff gently. Do not blast it in there. Be gentle. Most of it will drip out.
- Get your face and nose cast soaking wet for 20 minutes under a lukewarm shower (not hot water) 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. The swelling will get worse the following week. The nose will be more upturned. Your face may look "odd" to you. This is normal. It can take 3-5 years or more for most of the swelling to subside. But often you have a nicer nose even with swelling than your old nose. 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. Avoid unnecessary air flights such as vacations and leisure trips.
- 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 peeling off the tape 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. Nose cannot be perfect. Do not over analyze it.
- 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. Sometimes temporary Fillers can help make it more perfect. 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. 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\*\*\*

