

# Rhinoplasty Pre & Post Operative Instructions

## BEFORE YOUR RHINOPLASTY SURGERY

- Make sure Dr. Naderi, or members of our staff, answer all of your questions & concerns, prior to your Rhinoplasty or Revision Rhinoplasty.
- Arrange your post-operative appointment before your Rhinoplasty. Patients will be seen in our office about one week after surgery for splint removal.
- Fill all your prescriptions prior to your Rhinoplasty: (Antibiotic pills, pain pills, nausea pills)
- Get all your necessary recovery supplies prior to your Rhinoplasty: (Q-tips, Hydrogen Peroxide, Bactroban Antibiotic Ointment, Vaseline Ointment, Gel Cold Compresses, Arnica pills, Saline non-medicated spray).
- You may take your blood pressure medication, heart medication, & seizure medication with a small sip of water the morning of your Rhinoplasty. All patients but especially Diabetic patients should always coordinate their medication management with their primary care doctors.
- Stop taking Aspirin 2 weeks prior to your Rhinoplasty – but first check with your primary care physician. Ibuprofen, Motrin, Alleve, Advil and all other NSAIDs can make you bleed excessively as well.
- Only take Tylenol or Celebrex for aches & pains within 2 weeks of your Rhinoplasty if OK'ed by your primary care doctor.
- Vitamin E, Fish oil, Flaxseed, Herbal supplements (Ginkgo, Ginseng, Echinacea, Garlic, Omega-3's and many others) and health food store products, supplements or drinks often make you bleed excessively during nasal reshaping surgery as well. Avoid these 2 weeks prior to surgery. Read food labels. These supplements are often incorporated into packaged foods and drinks as well. If in doubt, check with your doctor.
- If you Take Coumadin, Pradaxa, Plavix or Aspirin, check with your family doctor to make sure these are OK to be stopped with enough time prior to your Rhinoplasty. (Need to stop at least 5 – 14 days before and up to 2 weeks after, depending on the medication type)
- Drink plenty of clear fluids the afternoon prior to your Rhinoplasty as well as after your Rhinoplasty to avoid dehydration and fainting spells.
- **Do not eat or drink after midnight**, the night before your Rhinoplasty. Important medications can be taken with a small sip of water.
- **NO CHEWING GUM before surgery. Chewing gum increases stomach acid and counts as "eating" by the Anesthesiologists.**
- Arnica is the only herbal supplement you may take around the time of your Rhinoplasty. Arnica can reduce swelling and bruising after a Rhinoplasty.
- Pineapple juice or slices can help reduce bruising and swelling as well.
- Take a shower the morning of your Rhinoplasty surgery and wash your face and hair with a mild soap & shampoo. **DO NOT USE ANY MAKE-UP** or products on your face after your shower.
- Do not wear jewelry to the Hospital. Remove piercings if possible.

- Wear loose fitting & comfortable clothes with a shirt that buttons down the front. (No tight shirts that can snag on your nose!)
- Make sure you have someone drive you to your Rhinoplasty surgery and pick you up after your nose job. Make sure you have a friend or relative stay with you for at least 24 hours after your nasal reshaping surgery. (You cannot drive, take a taxi or stay alone)
- Always check with your family physician, Internist and Psychiatrist, as well as eye doctor if it's OK for you to have surgery and anesthesia. We require a clearance letter from them most of the time prior to scheduling any elective cosmetic or functional surgery.
- Lab work and Medical work-up and surgical clearance letters are often necessary prior to your rhinoplasty surgery. Get this completed well ahead of time in case further work-up or tests are necessary. Your primary care doctor's History and Physical letter needs to be within 30 days of surgery.

### THE NIGHT IMMEDIATELY AFTER YOUR RHINOPLASTY SURGERY

- Starting the evening after your Rhinoplasty, use Hydrogen Peroxide on Q-tips to clean all your nasal incisions (inside and outside as instructed). Use 4 to 6 Q-tips each time. Then cover the area with a thick layer of antibiotic ointment. Do this regimen at least 4-6 times a day for 4 weeks on all areas that are NOT covered by tape or cast. Do it frequently but gently. Use the Q-tip soaked with Peroxide as a "paint brush" and not a "scrub brush."
- You must keep all areas around and inside of your nostrils blood and crust and scab free, clean and covered with ointment. This is your homework for the 4 weeks following your Rhinoplasty. There are many absorbable sutures inside your nose that must be kept lubricated for them to dissolve. Incisions and scars heal best when clean and lubricated. Work around the tape that may be covering your nostrils to get the nostrils clean but do NOT cut or trim any of the tape or sutures (stitches).
- Use Cold Compresses to decrease swelling around your eyes, forehead and cheeks: use cold compresses on your eyes, forehead and cheeks, not your nose . DO NOT place actual ice packs on your nose as these are heavy and will wet your nasal splint. Use gel-packs or frozen peas in a small sealed ziplock bag. "Ice, Ice, Ice" even if you do not see much swelling or bruising initially! The 3rd post-operative day is the worst as far as swelling and discomfort and icing frequently the first 2 days helps reduce that.
- Sleep with your head up on 3 or more pillows or in a recliner to reduce swelling. Do this for several weeks.
- Do not get your nose splint or tape wet until the night before your splint-removal appointment. You may take showers but wash your face in a way not to wet your Rhinoplasty cast for the entire week after surgery. Do get your face and cast soaking wet for 20 minutes under the shower head the night before and the morning before your splint/cast removal to help reduce discomfort.

### THE WEEK AFTER YOUR RHINOPLASTY SURGERY

- All Rhinoplasty patients need to be seen in our Northern Virginia or Chevy Chase office about 5-10 days after Surgery for Splint (cast) removal.
- Make sure you are well nourished. You need energy and protein to heal properly after a Rhinoplasty. This is no time to diet!
- Typically you can wear water-based makeup as soon as a week out from your Rhinoplasty once the small nasal cast is removed.

- Your nose skin may be oily or sticky for some time after Rhinoplasty. It also may be dry and peeling. That is normal. Do not aggressively rub, massage or wipe your nose after the Rhinoplasty for at least 4 weeks.
- No “Biore Strips” after your Rhinoplasty for at least 3 months.
- You may use an astringent to soak a cotton ball and GENTLY wipe your nose without any pressure on the tip after your cast has been removed.
- The night before your post-op-week-one appointment and cast removal, get in the shower and thoroughly wet your face and nasal splint for 20 minutes before coming to the office to see Dr. Naderi the next day. (Do not remove the cast yourself). This will make removal of your cast easier.\*\*\*
- On the morning of your post-op-week-one appointment, get in the shower again and thoroughly wet your face and nasal splint for at least 20 minutes straight before coming to the office to see Dr. Naderi. (Do not remove the cast yourself). This will make removal of your cast easier and less painful.\*\*\*
- Do not cut any part of the nasal tape or cast off yourself. If you have any questions or concerns such as an itchy or irritated area under the tape, call the office and make an appointment to see Dr. Naderi within 24 hours.
- No lifting over 10 lbs and avoid bending over for 14 days.
- You may NOT exercise for 2-4 weeks. Refrain from intense sexual activity for up to 2 weeks if possible. No contact sports for 3 months.
- You may wear contact lenses at any point but no eyeglasses or sunglasses on your nose for at least 1 month.
- Elevation of your blood pressure or heart rate will cause more swelling and may cause a nose-bleed.
- Sleep with your head up on 2-3 pillows or on a recliner for at least 2 week or longer after surgery to reduce swelling. This really helps!
- You may have bruising after surgery. It may take up to 3-4 weeks or more for resolution but often after 7 days the bruises are practically all gone or you can cover the areas with water-based make-up.
- **YOU WILL HAVE SWELLING. THIS IS A NORMAL PART OF THE HEALING PROCESS.** Your nose will continue to change and heal for many years after your rhinoplasty. Swelling continues to go down for many years later. There is no such thing as “final results” and your nose will continue to heal well beyond 12 months after your nose job surgery. The old saying that “you see your final nose job results after one year” is simply not true. It truly takes 3-5 years for most of the swelling to go down but you should have a better nose from day 1!
- However, after 10 days, most of your casual friends and relatives should not be able to tell that you have had a “nose job” and you can start to enjoy the initial results of your Rhinoplasty from this early period! In most cases, you can go back to school or work after 7 days and enjoy your initial early rhinoplasty improvements. Be patient.
- **MOST PATIENTS’ “DOWN-TIME” IS ONLY ONE WEEK.**
- You WILL have scar tissue inside the nose. It is a part of surgery and healing. It is also what makes Rhinoplasty healing somewhat unpredictable. You may need occasional steroid injections into your nose after surgery to reduce scar tissue and swelling.
- Remember, your nose is a living, healing, changing structure after a Rhinoplasty. Your nose is not made of stone or metal. Expectations of perfect symmetry, perfect smoothness and unchanging results are unrealistic. Expecting meaningful improvement is realistic and the goal of Rhinoplasty.
- **BE PATIENT** and feel free to ask questions. You may have slight asymmetries or irregularities and numbness. These will change with time. Your smile, your voice and your smell and breathing can change somewhat. Your nose will feel stiffer than a non-operated nose. This is all normal and will change with time as the healing proceeds.

- **IT IS ALSO NORMAL** to get depressed or anxious before and especially after your Rhinoplasty. Understanding this will help you get through it. Sometimes an anti-depressant or Valium prescribed by your family physician can help you get through this period. Do not feel ashamed or frustrated. Everyone goes through this to different degrees.
- **DO NOT LET YOURSELF GET AFFECTED BY NEGATIVE COMMENTS FROM FAMILY OR FRIENDS.** They simply may not understand the process of rhinoplasty, no matter how well intentioned. Trust what Dr. Naderi genuinely tells you. He has your best interest at heart.
- You will be seen 1 to 2 times during the first week after your Rhinoplasty or Revision Rhinoplasty and then most likely at 1 month, 3 months, 6 months and a year after surgery, for follow up with Dr. Naderi. For local patients, Dr. Naderi prefers to see you yearly or every 5 years after that as well. For long distant or international patients, we can work around your schedule to decrease the need for frequent follow-up flights.
- Purchase a non-medicated Nasal Saline Spray and starting 3 days after your surgery gently spray 2 puffs on each side, followed by GENTLE sniffing, to soften up the dry blood and crusts inside your nose.
- Do not dig inside your nose nor blow too hard for what you may think are crusts or scabs. You may be digging into incisions or scar tissue and may cause a nose bleed. You will have swelling and scar tissue on the inside and you may feel a difference in nasal airway passage opening from left to right. 50:50 is often not possible.
- Remember, especially in Revision cases but even primary rhinoplasty, perfection is impossible. The goals are improvement which you should have in the hands of Dr. Naderi. Also remember that the “computer imaging” is simply a discussion tool and not a replica of results. Results will continue to change and things like excess heat, sun, working out, flying, trauma, all will create more swelling and scar tissue and unpredictable healing.
- Keep a stiff upper lip. Smiling pushes the nasal tip down prematurely. Avoid excess smiling for 2-4 week. The tip position should drop down a bit over time and you do not want to accelerate that process.
- Brush your teeth with a baby toothbrush. Use a small spoon and fork to eat. Use straws to drink.
- **IF THERE IS A NOSE-BLEED OR ANY QUESTION OR CONCERN ABOUT COMPLICATIONS, PLEASE CALL US EARLY IN THE DAY AND DO NOT WAIT TILL THE AFTERNOON OR EVENING WHEN OPTIONS ARE MORE LIMITED. GO TO YOUR NEAREST EMERGENCY ROOM IF NEEDED BUT PREFERABLY TO THE INOVA FAIR OAKS HOSPITAL ER.**