



**THE NADERI CENTER**  
COSMETIC SURGERY SPECIALISTS

**Dr. Naderi Rhinoplasty Shopping List**



1. Prescriptions – fill prescriptions prior to your surgery date.



2. Tylenol (Acetaminophen) – Alternative to narcotic pain medication if pain is not severe *If you are not allergic to Tylenol and if you have no liver disease or medical contraindications.* (DO Not Take NSAIDs)



3. Straws – Straws will aid in maintaining good hydration after surgery.



4. Frozen Pea-Packs – take a handful of frozen peas and place them in a small sandwich bag. Make multiple “pea-packs” to have on hand. These packs should be light weight and will be placed on the eyes, forehead and mid-face, DO NOT PLACE THEM ON THE NOSE.



5. Vaseline – Start using after surgery to keep nostrils lubricated. Most patients do not use enough Vaseline. Apply thick layer to the drip pad gauzes under the nose the first few days. After drip pad is no longer necessary, use Q-tips to apply to nostrils.



6. Q-tips – Used for application of ointment and peroxide. BE GENTLE! Do not penetrate deep!



7. Hydrogen Peroxide – Used for gently cleaning blood. BE GENTLE!  
Do not penetrate deep!



8. Arnica – An herbal supplement that can reduce swelling and bruising.



9. Fresh Pineapples &/or Cold Pressed Pineapple Juice. Helps reduce swelling.



10. Simply Saline or Pretz Saline. Start using 10 days after surgery to keep nose moist. BE GENTLE! Do not penetrate deep! DO NOT USE MEDICATED DECONGESTANT NASAL SPRAYS.



11. Humidifier to keep air moist to help when breathing through mouth post-surgery.



12. Neck pillows to give more comfort while sleeping upright.



13. Wedge pillow or Recliner (e.g. Lay-Z-Boy) to facilitate sleeping propped up. \*\*\*This is the most important thing you can do to reduce swelling\*\*\*



14. Lozenges to ease sore throat after surgery which can occur from mouth breathing &/or anesthesia tube. (Make sure there are no herbal ingredients)



15. Foods for after surgery – Continue the dietary restrictions that you started 2 weeks prior to surgery for 2 more weeks after surgery, to reduce risk of bleeding. No Supplements other than Arnica. No Vitamin E or D. No Omega-3's. No nuts. No seeds. No fish. No avocados. No seaweed. No olive oil. Look for these ingredients within other foods. WE HAVE A VERY THOROUGH LIST ON OUR WEBSITE OF FOODS TO AVOID AND FOODS THAT ARE SAFE. PLEASE CLICK LINK HERE: <https://www.virginiafacialplasticsurgery.com/wp-content/uploads/2018/01/Foods-To-Avoid.pdf>

**Dr. Naderi Will Determine if you will need any of the following additional items to assist in healing after rhinoplasty.**



16. Anti-Snoring Nose Vent to prevent the nostrils from swelling or scarring down.

[https://www.amazon.com/Anti-Snoring-Nose-Vent-Snore-Bastion/dp/B01MSWZW0U/ref=sr\\_1\\_fkmr1\\_1\\_a\\_it?ie=UTF8&qid=1511806970&sr=8-1-fkmr1&keywords=nasal+silicone+stents+snoring](https://www.amazon.com/Anti-Snoring-Nose-Vent-Snore-Bastion/dp/B01MSWZW0U/ref=sr_1_fkmr1_1_a_it?ie=UTF8&qid=1511806970&sr=8-1-fkmr1&keywords=nasal+silicone+stents+snoring)



17. Sports Knight - Nose Guard/Face Shield with Padding for patients who play sports.

[https://www.amazon.com/Sports-Knight-Guard-Shield-Padding/dp/B00GH5DRAC/ref=pd\\_lpo\\_vtph\\_121\\_tr\\_img\\_2?encoding=UTF8&psc=1&refRID=8JKYDQXMQA91TJHC57GF](https://www.amazon.com/Sports-Knight-Guard-Shield-Padding/dp/B00GH5DRAC/ref=pd_lpo_vtph_121_tr_img_2?encoding=UTF8&psc=1&refRID=8JKYDQXMQA91TJHC57GF)



18. NoseComfort Eyeglass Support for patients who wear glasses every day. We prefer contact lenses but if you must wear glasses or goggles then these can help reduce indentations on the nose.

[https://www.amazon.com/NoseComfort-Eyeglass-Rhinoplasty-Septoplasty-Hobbyists/dp/B01H3ZJAIM/ref=pd\\_bxgy\\_121\\_img\\_2?encoding=UTF8&pd\\_rd\\_i=B01H3ZJAIM&pd\\_rd\\_r=8JKYDQXMQA91TJHC57GF&pd\\_rd\\_w=sGOFO&pd\\_rd\\_wg=8BnXa&psc=1&refRID=8JKYDQXMQA91TJHC57GF](https://www.amazon.com/NoseComfort-Eyeglass-Rhinoplasty-Septoplasty-Hobbyists/dp/B01H3ZJAIM/ref=pd_bxgy_121_img_2?encoding=UTF8&pd_rd_i=B01H3ZJAIM&pd_rd_r=8JKYDQXMQA91TJHC57GF&pd_rd_w=sGOFO&pd_rd_wg=8BnXa&psc=1&refRID=8JKYDQXMQA91TJHC57GF)



19. Neilmed Sinus Rinse to clear out any nasal congestion from mucous, dry blood, scabs or debris. Be gentle. Do not blast it in.

[https://www.amazon.com/Neilmed-Sinus-Rinse-Starter-packets/dp/B000RJGB5C/ref=sr\\_1\\_7\\_s\\_it?s=hpc&ie=UTF8&qid=1516802863&sr=1-7&keywords=neti%2Bpot&th=1](https://www.amazon.com/Neilmed-Sinus-Rinse-Starter-packets/dp/B000RJGB5C/ref=sr_1_7_s_it?s=hpc&ie=UTF8&qid=1516802863&sr=1-7&keywords=neti%2Bpot&th=1)



20. You will need to purchase extra “salt” packs from Neilmed as there are only 5 included with the bottle.

[https://www.amazon.com/NeilMed-Natural-Relief-Premixed-Packets/dp/B004RRE1LG/ref=pd\\_sim\\_121\\_1?encoding=UTF8&pd\\_rd\\_i=B004RRE1LG&pd\\_rd\\_r=NQP5ZEA6PMTF75DSB0KY&pd\\_rd\\_w=SoAEI&pd\\_rd\\_wg=XDv30&psc=1&refRID=NQP5ZEA6PMTF75DSB0KY](https://www.amazon.com/NeilMed-Natural-Relief-Premixed-Packets/dp/B004RRE1LG/ref=pd_sim_121_1?encoding=UTF8&pd_rd_i=B004RRE1LG&pd_rd_r=NQP5ZEA6PMTF75DSB0KY&pd_rd_w=SoAEI&pd_rd_wg=XDv30&psc=1&refRID=NQP5ZEA6PMTF75DSB0KY)



21. 3m Micropore Tape ½ inch wide for revision patients and patients with thicker skin to help reduce swelling after cast removal. See the youtube video on proper taping technique here:

<https://www.youtube.com/watch?v=QRY1YtyIGKQ>

[https://www.amazon.com/Micropore-Surgical-Tape-wide-rolls/dp/B01KNILLTM/ref=sr\\_1\\_2?ie=UTF8&qid=1516908166&sr=8-2&keywords=3m+micropore+tape+1%2F2+inch](https://www.amazon.com/Micropore-Surgical-Tape-wide-rolls/dp/B01KNILLTM/ref=sr_1_2?ie=UTF8&qid=1516908166&sr=8-2&keywords=3m+micropore+tape+1%2F2+inch)



22. Silicone scar treatment gel to help improve incision scars. Silagen is sold in our offices.



23. Nasacort nasal steroid spray to reduce internal swelling.

<https://www.walmart.com/ip/Nasacort-24-Hour-Multi-System-Nasal-Allergy-Spray-60-Sprays/33606262>



24. Detachol (adhesive remover) – For patients who tape their nose post surgery. Adhesive remover makes it easier to remove the tape without pulling on the skin.

[https://www.amazon.com/Ferndale-Laboratories-0513-04-Detachol-Dispenser/dp/B0031LH1WK/ref=sr\\_1\\_1?crd=2MIP7CSU2NLF4&keywords=detachol&qid=1559065730&s=gateway&srefix=detacho%2Caps%2C123&sr=8-1](https://www.amazon.com/Ferndale-Laboratories-0513-04-Detachol-Dispenser/dp/B0031LH1WK/ref=sr_1_1?crd=2MIP7CSU2NLF4&keywords=detachol&qid=1559065730&s=gateway&srefix=detacho%2Caps%2C123&sr=8-1)