

Dr. Naderi Rhinoplasty Shopping List



Prescriptions – fill prescriptions prior to your surgery date.

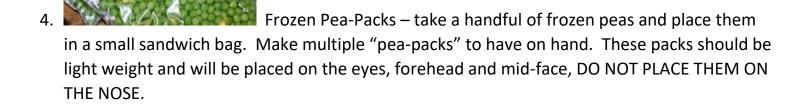


2. Tylenol (Acetaminophen) – Alternative to narcotic pain medication if pain is not severe *If you are not allergic to Tylenol and if you have no liver disease or medical contraindications.* (Do Not Take NSAIDs)



3.

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



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!

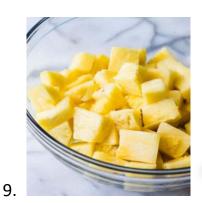


7. Hydrogen Peroxide – Used for gently cleaning blood. BE GENTLE!

Do not penetrate deep!



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





Juice. Helps reduce swelling.

Fresh Pineapples &/or Cold Pressed Pineapple





10. Simply Saline <u>or</u> 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. post-surgery. Humidifier to keep air moist to help when breathing through mouth



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***



Lozenges to ease sore throat after surgery which can occur from 14. 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. swelling or scarring down.

Anti-Snoring Nose Vent to prevent the nostrils from

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=8JKYDQXMQA91TJHC5 7GF



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



19. Neilmed Sinus Rinse to clear out any nasal congestion from mucous, dry blood, scabs or debride. 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&gid=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

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



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

22.



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?crid=2MIP7CSU2NLF4&keywords=detachol&qid=1559065730&s=gateway&sprefix=detacho%2Caps%2C123&sr=8-1