



# RHINOPLASTY

## SHOPPING LIST - BEFORE SURGERY

### MEDICATIONS: 2 WEEK FOOD AND SUPPLEMENT DIET [CLICK HERE](#)

- Antibiotic** Prescribed
- Medrol Dose Pack** Prescribed
- Pain** Prescribed
- Anti-Nausea** Prescribed
- Tylenol** OTC
- Laxative** OTC: Miralax, Milk of Magnesia
- Lozenges** OTC: No herbal ingredients
- Arnica** OTC

### CLEANING: NOSE CLEANING INSTRUCTIONS [CLICK HERE](#)

- Vaseline**
- Hydrogen Peroxide**
- Q-Tips**
- Nasal Saline Spray (Non Medicated)** Simple Saline or Pretz Saline

### MISC:

- Humidifier** Helps keep air moist when breathing through mouth post-surgery.
- Neck & Wedge Pillow** Helps with sleeping upright post-surgery to reduce swelling.
- Frozen Peas** In a small sandwich bag to ice eyes. DO NOT PLACE DIRECTLY ON NOSE.
- Straws** Will aid to maintain good hydration post-surgery.
- Pineapples** Helps with bruising and swelling



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## SHOPPING LIST - AFTER SURGERY

**DR. NADERI WILL DETERMINE**  
IF YOU NEED ANY OF THE FOLLOWING ITEMS  
TO ASSIST IN HEALING POST-SURGERY:

### Anti Snoring Nose Vents

Prevents the nostrils from swelling or scarring down.



### Sinus Rinse

Helps to clear out any nasal congestion from mucous, dry blood and scabs.



### Nose Guard / Face Shield

Protects patients who play sports.



### Detachol

Adhesive remover makes it easier to remove surgical tape without pulling on the skin.



### RhinoShield

Protects patients who wear glasses.



**30% off with discount code: NADERI100**

### Surgical Tape

Helps reduce swelling.



**Taping Instructions:**  
[CLICK HERE](#)

### Steroid Spray

Helps to reduce internal swelling.



### Scar Gel

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

