MEDICATIONS: 2 WEEK FOOD AND SUPPLEMENT DIET CLICK HERE

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	Antibiotic Prescribed	Tylenol OTC
	Medrol Dose Pack Prescribed	Laxative OTC: Miralax, Milk of Magnesia
	Pain Prescribed	Lozenges OTC: No herbal ingredients
	Anti-Nausea Prescribed	Arnica otc
	TANUNC ANOSE SUFAMING INISTRU	LICTIONS CLICK LIEDE
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	



RHINOPLASTY

SHOPPING LIST - AFTER SURGERY

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

SnoreBastion Anti Snoring Nose Vents

Prevents the nostrils from swelling or scarring down.



NeilMed Sinus Rinse

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



Sports Knight Nose Guard / Face Shield

Protects patients who play sports.



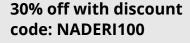
Detachol

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



Rhinoshield

Protects patients who wear glasses.





3M Micropore Surgical Tape

Helps reduce swelling.



Taping Instructions: CLICK HERE

Nasacort Steroid Spray

Helps to reduce internal swelling.



Scarfade or Silagen Scar Gel

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

