

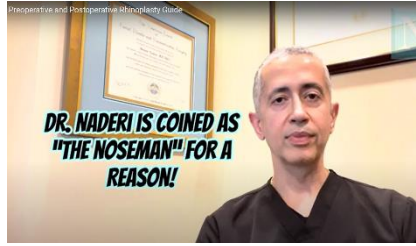
RHINOPLASTY & REVISION RHINOPLASTY

Pre-Operative and Post-Operative Patient Instructions

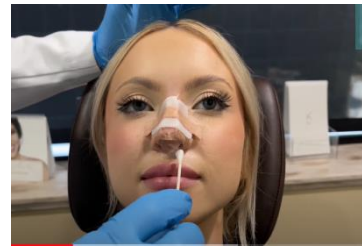
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SHOPPING LIST

- ☐ **Prescriptions:** Submitted to your pharmacy electronically. Contact your pharmacy to check if/when ready to pick up. Open bag and make sure 5 items are in there.
- ☐ **Tylenol (Acetaminophen):** Alternative to narcotic pain medication if pain is mild. Do not take in-addition to narcotics. May alternate with Narcotics every 6 hours. (Do NOT take NSAIDs: Do not take Motrin/Ibuprofen/Naproxen)
- ☐ **Straws:** Straws will aid in maintaining good hydration after surgery.
- ☐ **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 lightweight and will be placed on the eyes, forehead, and cheeks. *DO NOT PLACE THEM ON THE NOSE.*
- ☐ **Q-tips:** Used to apply ointment and hydrogen-peroxide.
- ☐ **Hydrogen Peroxide:** Used for gentle cleaning of blood.
- ☐ **Arnica:** An herbal supplement that can reduce bruising. Take **AFTER** surgery.
- ☐ **Fresh Pineapples &/or Cold Pressed Pineapple Juice:** Helps reduce swelling. Eat the core.
- ☐ **Simply Saline OR Pretz Saline:** Start using 3 days after surgery to improve breathing. *DO NOT USE MEDICATED DECONGESTANT NASAL SPRAYS.* Use gently and carefully.
- ☐ **Lozenges:** Ease sore throat after surgery which can occur from mouth breathing &/or anesthesia tube. (Make sure there are no herbal ingredients)
- ☐ **Humidifier:** To moisten air for added breathing comfort.

Check out our recommended recovery products page on our [website](#).

PRE-OPERATIVE INSTRUCTIONS FOR RHINOPLASTY & REVISION RHINOPLASTY

STARTING 2 WEEKS BEFORE SURGERY (Extremely Important!)

- **DIET change:** Read, review, and check the diet and supplement restrictions each time you eat or drink to reduce bleeding during surgery. **Extremely Important!**
- **Medications to Avoid:** Take only those medications approved or prescribed by your surgeon. Avoid medications containing NSAIDs like aspirin or ibuprofen (Advil, Motrin, Naproxen, Aleve, others) for two weeks before and after surgery. These medications will increase bleeding. Avoid blood thinners like Coumadin or Plavix, etc. You should have discussed management of these with your prescribing doctors before surgery.
- **Substances to Avoid:** Avoid all alcohol and nicotine products. Caffeine may be consumed in moderation (1 cup of black tea or coffee is ok)
- **Skin Health:** Make sure you avoid sun exposure or skin products and treatments that irritate your skin. Your surgery may be cancelled if your skin shows signs of irritation, rash, or sunburn*
- **EXFOLIATE your tip/nostril skin:** Use [*Biore Pore Strips*](#) 2-3 days before surgery to clean your pores and avoid pimples and pustules after surgery.
- **Stay Healthy:** Avoid sick people or travel to reduce chances of getting sick before surgery. Your surgery may be cancelled depending on type and severity of illness.

STARTING 1 WEEK BEFORE SURGERY (Extremely Important!)

- **Apply a thin layer of the Mupirocin (Bactroban) prescription antibiotic ointment,** using a q-tip, to inside your nostrils 3 times a day to reduce chance of infection after surgery.

NIGHT BEFORE SURGERY

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY MAY GET CANCELLED*.** Hydrate well before midnight. If you need to take vital prescription medications, take with a small sip of water.
- **Set Up Home Recovery Area.** This may include pillows, blankets, books, television, food and drinks, ice packs and anything else to assist with a comfortable recovery.
- **Review location and time** of arrival to surgery center. Arrival time is usually 90 minutes BEFORE surgery start time. Do not be late please. We may ask you to show up earlier.
- **Shower** and wash your hair and skin thoroughly with shampoo and antiseptic soap.
- **SHAVE YOUR MUSTACHE AND BEARD completely (for men)** to reduce infection risk, allow safer attachment of anesthesia breathing tube, and improve surgical precision

DAY OF SURGERY

- **Dress Comfortably:** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped-up are preferred to avoid snagging the nose. You may bring headphones and listen to relaxing **music** to calm your nerves prior to surgery.
- **Arrival to Facility:** Have someone drive you to and from your designated surgery location. You cannot be released to UBER or a taxi alone. You must have an adult over 18 with you. Remember to bring identification and your checkbook/credit card.
- **Do NOT wear** any lotion, sunscreen, mascara, makeup, gel nail polish or press-on nails, jewelry (remove all piercings), cosmetic creams, hair extensions, wigs, or weaves.
- **Shower again** and wash your hair and skin thoroughly with shampoo and soap. Rinse well.

POST-OPERATIVE INSTRUCTIONS FOR RHINOPLASTY & REVISION RHINOPLASTY

DAYS 1-7 AFTER SURGERY

- **Relax:** Relax your mind and your body. Too much physical movement or mental anxiety can increase blood pressure and bleeding. Relax, sleep and recover. Do not overexert. Do not analyze “results.” Stay off Google and do not “research” anymore. Just relax.
- **Discomfort:** Usually you will not be in severe pain but expect some discomfort and pressure. Expect snotty nose with lots of mucous and congested sinuses and even teeth ache and plugged up ears. Remind yourself you just had surgery. It will get better.
- **Gentle Movement is Important:** Make sure to get out of bed and slowly walk around the room with some assistance to avoid lower leg blood clots. When in bed or on the couch, make sure to move your legs and ankles periodically. Take occasional deep breaths to keep your lungs clear.
- **Cold Compress:** Use cold compresses on your eyes, cheeks, and forehead (not nose), without getting your nose cast wet. Twenty minutes on and 20 minutes off. First 3 days are the most crucial for icing.
- **Sleep:** Sleep on your back with your upper body elevated about 45-60 degrees. Try using 4-5 pillows, an airplane neck pillow & a wedge pillow or recliner. Do not sleep on your side. DO NOT SLEEP FLAT. Keeping your body more upright will minimize swelling. Do this for at least 3-4 weeks or even longer. Lying flat will increase swelling and scar tissue.
- **Drip Pad:** You will have some bloody drainage after surgery. Change your gauze drip pad as needed. It may be every 10-15 minutes at first but should slow down over the next 2 days. Use a fresh gauze rolled up with a little Vaseline ointment on each new gauze to avoid gauze sticking to nose cast/tape.
- **Medications:** Review Medications instructions and take them appropriately. Antibiotics start the night of surgery. Steroids start the following day.
- **Cleaning of the Nose:** Gently clean your nostrils 3-6 times a day starting night of surgery with Hydrogen Peroxide soaked Q- tips. Apply a thin layer of Mupirocin (Bactroban) ointment (prescribed) after each cleaning using clean Q-tips. Keep the nostrils clean and scab-free but be gentle and do not go deep into the nose. We do not want the blood and mucous hardening and scabbing. Do NOT go digging inside with the Q-Tip as you may stir



up a nose bleed! Do this yourself. We do not want parents or anyone else doing this for you. You must do your own "Cleaning". Do not explore or look inside your nostrils.

- [Please review our most up-to-date cleaning video.](#) If you run out of Mupirocin ointment you may use Bacitracin or Neosporin ointment.
- **Gently use the Saline Spray**, 3 times a day, starting on day 3 after surgery. You may do a gentle "sniff" but do not blow.
- **Cast:** Do not cut, pull, or trim any part of the tape off the cast. Leave it alone. If it starts to come off, email us a photo. We may remove and re-tape your nose. If the skin becomes red or bumpy or increases in itchiness please let us know as this can be an allergic reaction to the tape.
- **Stitches:** Do not cut, pick at, or try to remove the stitches. They are dissolvable and will dissolve on their own. Dr. Naderi may trim any irritating stitches at your post-op appointment. Do not trim anything yourself.
- **Packing:** You may have "absorbable gelfoam" which does not cause pain and does not need to be pulled out. This is not true "packing." Clean and lubricate as instructed above. If you have actual "Packing" you will see a string coming out from each "tampon pack." Do not cut the strings. You will not be able to clean inside the nose if there is a "tampon pack." Apply a thick layer of antibiotic ointment over the nostrils to keep packing moist. Do not attempt going inside the nose. You may also have clear "stents" inside the nose. Leave them alone and apply the ointment on the opening without penetrating in.
- **Avoid hot showers** Will cause more swelling, bleeding, or fainting spells. Use lukewarm shower water.
- **Avoid Baths.** You may get lightheaded and pass out.

The more you ice, the more you stay elevated, the more you relax, the more you stay positive, the better!

NIGHT BEFORE YOUR SPLINT REMOVAL (5-10 days after surgery)

- **Shower:** Get your face and nose cast soaking wet for 20 minutes under the shower with lukewarm water (NOT HOT WATER) the night before and the day of your cast removal (2 showers) so that we can remove your cast easily and painlessly. If you have dry skin take a third shower. Let the water hit top of your head and forehead and drip over your nose. Don't let shower spray directly hit your nose.

DAY OF CAST REMOVAL

- **Shower:** Get your face and nose cast soaking wet for 20 minutes under the shower with lukewarm water
- **Do not be nervous.** Have a positive attitude.
- **Remember THIS IS NOT YOUR FINAL RESULT.** Everything will change. Do not over-analyze. You will be swollen and "piggy." That is normal at one week.
- **Avoid negative people.** Avoid "haters!"



AFTER CAST REMOVAL (FOR THE NEXT 30+ DAYS)

- **Saline Spray:** Continue to use Saline Nasal Spray gently after surgery to moisten blood clots inside your nose. You may sniff gently. Do not blast it in there. Be gentle. Most of it will drip out due to internal swelling. No Blowing. Do not cause a nose bleed.
- **Cleaning Internally:** Continue to clean and lubricate as before. If you did a fantastic job the first week after surgery, Dr. Naderi will ask you to cut back. If you failed to clean and lubricate properly, he will ask you to do a more thorough job.
- **Cleaning Skin:** Use cotton balls or cotton squares soaked with [2% Salicylic Acid Toner](#) and gently wipe the nose with no pressure. Use frequently. Be gentle but do not let your skin get crusty. Your skin will be more oily after surgery. You may have pimples.
- **Sleep:** Continue to sleep elevated on at least 3 pillows or more.
- **Smiling:** Continue to keep a stiff face and avoid smiling and facial movement to avoid premature tip drop.
- **Trauma:** Be careful with kids and dogs and crowded groups and hugs to prevent trauma.
- **No Exercise for 4-6 weeks:** No gym. No running. No biking. No strenuous long walks. The more you raise your heart rate, blood pressure, temperature, the more you will swell and create extra scar tissue. (No contact sports for 3 months. No submerging face in lake/ocean for 6 months)
- **Sun & Heat:** Avoid sun and heat for up to 3 months and stay mostly indoors to avoid swelling up and creating more scar tissue.
- **Taping the nose:** If you have thick or oily skin, taping the nose properly can definitely improve healing and results. [Watch our taping videos](#). **The first time you tape your nose yourself, send us pictures so we can make sure you are doing it properly.** Ideally you should be taped 24/7. Ideally the first month you should change the tape carefully every 3-4 days. After the first month, some patients choose to tape only at night. [Watch our videos](#). Tape for 1-6 months.
- **Flying:** Avoid unnecessary flights (vacation, etc) for 6 weeks to 3 months. We recommend “taping” of your nose when/if you fly for the first 6 months. [Click to see taping video](#)

What you do the first 3 months after surgery makes a huge difference as to how well you heal and how nice your results will be. Be patient. Follow our instructions. If you start “partying” or “travelling” or “hitting the gym” too soon you will create more scar tissue. That will affect final results in a negative way. Taping helps when done properly.



MEDICATIONS:

- **Pain:** You will be prescribed a pain medication for post-operative pain control. Good pain control reduces bleeding after surgery. If your discomfort after surgery is not strong you are welcomed to take Tylenol in place of the prescribed medication. Do not take the Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. Do not exceed 4,000 mg of Acetaminophen in any 24-hour time period. Take medication with food to minimize risk of nausea. Keep in mind some discomfort and pressure or throbbing is to be expected. Do not take too much narcotic pain medications as it has side effects such as nausea and constipation. Narcotic medication refills are seldom given and cannot be “called in” by phone.
- **Antibiotics:** Antibiotics should be started the night of your surgery after you get home. Continue until completely finished. Take a probiotic additionally for gut health.
- **Steroids:** “Medrol Dose Pack” to be started the DAY AFTER your surgery. Follow the instructions on the medication box until finished. Start with 6 pills the day after surgery and continue 5, 4, 3, 2, 1 over a 6-day course until done.
- **Nausea:** Nausea is not rare after general anesthesia and it is a known side effect of some stronger pain medications. Take your nausea medication as needed. Some people may vomit and then feel better. Relax. You won’t damage your nose too badly if this occurs.
- **Antibiotic Ointment:** Apply 1 week prior to surgery and continue 1 week after surgery.
- **Constipation:** You may experience constipation if taking narcotic pain relievers. MiraLAX or other over the counter laxatives are recommended. Do not wait to take until you are constipated. Begin taking laxatives with the first narcotic pain pill. Gentle walking helps.

If you experience any side effects please stop taking that medication and let us know immediately for a substitution.

NUTRITION:

- **Diet:** Eat as tolerated and take small bites. Soft foods are easier to swallow since you will not be able to breathe well through your nose and chewing may be uncomfortable. Dark green leafy vegetables and pineapples (with the core) can help reduce bruising and swelling. Eat lots of pineapples. Continue following your dietary and supplement restriction from before surgery for 2 more weeks after surgery. Milk shakes or protein shakes give you hydration and protein. **THIS IS NOT THE TIME TO CALORIE-RESTRICT OR DIET.**
- **Hydration:** Stay hydrated by drinking 6 to 8 glasses of water or sport drinks (Gatorade) a day. Use straws when drinking fluids. Larger straws are easier than thin ones.



ACTIVITY:

- **Physical Activity:** Refrain from any physically exerting activity. No bending over, straining, or lifting more than 10 lbs for the first week after surgery. DO NOT RAISE YOUR BLOOD PRESSURE OR HEART RATE. Being too active increases bleeding, swelling and scar tissue. Relax.
- **Exercise:** No exercise or straining for at least 4-6 weeks until Dr. Naderi clears you. Anything that can raise your heart rate increases swelling which causes more scar tissue. Leisurely slow indoor walking is acceptable but do not be tempted to powerwalk/speed walk.
- **Return to Work:** Most patients return to work after their cast is removed. This however depends on their job responsibilities and amount of face-to-face interaction and bruising.
- **Avoid Major Events or Photographs for 1-3 months:** While most go back to school or work after 1-2 weeks, we recommend you avoid job interviews, TV interviews, head-shot photographs for a longer period. Give yourself time to feel good about your results.
- **Driving:** Do NOT operate a vehicle or make important decisions until you have been off narcotic pain medications for 24 hours or more. Use good judgment.
- **Smiling:** Refrain from excess smiling and laughing. Do not open your mouth too wide. These actions cause the tip to drop prematurely. Try to keep a stiff upper lip and face without much movement for a month. Avoid dentist visits for 3 months if possible.
- **Travel:** Avoid unnecessary air flights, such as vacations and leisure trips. Pressure changes from flying increases swelling and scar tissue. Delay flights as long as possible (3 months). For long distant patients we will re-tape your nose for your flight back.
- **Sneezing:** If you have to sneeze, do so with your mouth open to reduce pressure.
- **Blowing Your Nose:** No nose blowing and no nose wiping for a month. This may give you a nosebleed or dislodge grafts.

BATHING & SHOWERING:

- **Showers:** You may take lukewarm showers from neck down, but do not get your face wet the first 5-6 days after surgery. NO HOT SHOWERS as it may cause a nose bleed or dizziness. No baths as you may vasodilate and faint. You must keep your nose cast dry until the night before the cast removal appointment.
- **Hot Tubs/Baths/Swimming Pools:** No tub baths or Jacuzzi for 1-2 weeks which may cause swelling, bleeding and fainting. Do not submerge your head under public pool, lake or ocean water for 6 months till internal incisions have fully healed and sealed.



WHAT TO EXPECT WITH HEALING AFTER RHINOPLASTY:

- **Swelling:** Swelling is to be expected for many months following a rhinoplasty. Your nose, cheeks, lips, forehead and between the eyes are all swollen. It is all to be expected. Your face may look “odd” to you. This is normal. You may even experience shock, panic or crying. These are normal reactions in a minority of patients. The more you ice the cheeks, eyes, and forehead the first 2-3 days, the easier and faster your recovery will be moving forward. **DO NOT BE LAZY WITH THE ICING.** Less swelling means less scar tissue and the faster you recover with nicer results. Swelling gets worse after splint removal. The nose will change hourly & daily for years to come. Exercise, physical activity, sun, heat, airline travel, and alcohol can worsen swelling. Avoid things that create more swelling. After the first week icing does not help much. It takes up to a year for major reduction in swelling but 3-5 years for full resolution of swelling. You can still enjoy your new nose even after just a week but know that it will change so do not over analyze it. We may recommend taping of your nose after cast removal in some cases. **Healing is a process.** Trust the process. Do not get second opinions and avoid online research. Trust Dr. Naderi and he will assess your healing and guide you.
- **Tip Position:** Your tip will drop down over the next few months. Do not worry. What you initially see with cast removal is not the final result. It is impossible to know exactly where your tip will end up, but it will not remain as upturned as right after cast removal, it will change with time. You cannot design nor choose a precise tip angle.
- **Asymmetries:** Nothing on the human face or body is perfectly symmetric from left to right side. There will be swelling 100% of the time and minor asymmetries inside and outside the nose 100% of the time. These are normal. New slight irregularities may result along where bone and cartilage edges are healing. These are normal. Most of these subtle irregularities or asymmetries are to be left alone. A very minor “touch-up” revision may be required to smooth things out in about 5% of cases after a year. Sometimes temporary fillers can improve things, avoiding another surgery. We monitor your healing. But do not expect “perfect.” Some irregularities or asymmetries cannot be improved even with repeat surgery. Do not lose sight of the big improvements. Enjoy the 80-90% improvement and do not focus on the imperfections.
- **Bruising:** It is normal to have bruising around the eyes. Most bruises disappear after about 3-4 weeks, and go from a purple/blue color to a yellow/green shade as it starts to resolve.
- **Stiffness:** Your nose and smile may be stiffer with initial swelling. This should improve over the next few weeks to months. But your nose will not be as soft or squishy as the original. It has better structure.
- **Breathing:** Internal nose swelling from the surgery can restrict airflow through the nose. One side of the nose may be easier to breathe through than the other. While some patients may get improved nasal airflow after a few weeks, some take longer.



Nasal steroid spray use as well as anti-snoring plastic stents starting a month after surgery may help. Most patients end up breathing better than before but not all.

- **Drainage:** You will have bloody colored drainage after surgery. The drip pad will help catch this drainage. You may have thick mucus with bubbles forming. Your ears and sinuses may be clogged or “popping.” Once you start cleaning and using the saline sprays the nostrils should clear it up.
- **Skin Changes:** Your skin may be crusty, dry, or oily. Your nose may be more runny or dry. Your skin may be more red. You may have pimples.
- **Tip Numbness:** It is normal for the tip of the nose to be numb. This is temporary and will improve with time but some subtle numbness will always be there at the tip.
- **Incisions and scars:** These will be present and initially more visible. They improve with time but do not disappear.
- **Hyperbaric Oxygen Therapy (HBO):** Some patients may benefit greatly from HBO treatments to aid in healing after surgery. If we set this up for you please do your part to show up and get the treatments. You will be responsible for the cost of HBO.

If there are any concerns, increased pain, redness, drainage, fever, skin changes, let us know immediately. Take good pictures and email to info@nadericenter.com

DO NOT...

- **DO NOT be aggressive with Q-Tips.** Be gentle with Q-Tips. Aggressive or deep cleaning can start a nosebleed and require a trip back to surgery and additional costs to you.
- **DO NOT wear sunglasses or goggles for at least 3 months.** You can use **Rhinoshield** to help reduce dents from glasses after a month. [Click here and use discount code:](#) “NADERI100” for 30% off
- **DO NOT put pressure on the nose tip.**
- **DO NOT USE “Bioré Strips”** for at least 6 months after surgery.
- **DO NOT take “bad selfies” and compare your results to others.**
- **DO NOT expect “perfection”**

EMERGENCY SITUATIONS... (Call 911 in severe emergency)

- **CALL THE OFFICE (703-481-0002) OR GO TO THE NEAREST HOSPITAL (Prefer INOVA Fair Oaks H.)**
- **Signs of Infection:** Spreading of redness, worsening of swelling, increased drainage or drainage of pus, worsening pain, warmth at incision site and temperature over 101°F.
- **Excessive Bleeding:** If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes sooner than 5 minutes or bleeding from mouth.
- **Allergic reaction to medications or tape/cast**
- **Other Emergency Situations:** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, severe pain, or asymmetric swelling in your legs.

