



RHINOPLASTY

SHOPPING LIST - BEFORE SURGERY

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

- | | |
|---|---|
| <input type="checkbox"/> Antibiotic Prescribed | <input type="checkbox"/> Tylenol OTC |
| <input type="checkbox"/> Medrol Dose Pack Prescribed | <input type="checkbox"/> Laxative OTC: Miralax, Milk of Magnesia |
| <input type="checkbox"/> Pain Prescribed | <input type="checkbox"/> Lozenges OTC: No herbal ingredients |
| <input type="checkbox"/> Anti-Nausea Prescribed | <input type="checkbox"/> 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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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.

30% off with discount code: NADERI100



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.

