



THE NADERI CENTER
PLASTIC SURGERY & DERMATOLOGY

Rhinoplasty Shopping List

What to Buy Before Surgery · What You May Need After

BEFORE YOU SHOP

*Buy these before
your surgery.*

Scan a code with your phone
camera, or click a title.



Anti-Bleeding
Diet



Cleaning
the Nostrils



Taping
the Nose



Recovery
Products

PRESCRIPTIONS

*We send these to your pharmacy at least 2 weeks before surgery.
Pick them up early and check the bag.*

- ☐ **Mupirocin (Bactroban) ointment.** Start swabbing your nostrils 1 week before surgery.
- ☐ **Antibiotic**
- ☐ **Medrol Dose Pack**
- ☐ **Pain medication**
- ☐ **Anti-nausea medication**

OVER THE COUNTER

- ☐ **Tylenol (acetaminophen).** For mild pain.
- ☐ **Laxative: MiraLAX or Milk of Magnesia.** Pain medication causes constipation.
- ☐ **Lozenges.** For a sore throat. No herbal ingredients.
- ☐ **Hypochlorous acid (HOCl) spray.** Your antiseptic before and after surgery.
- ☐ **Arnica and bromelain.** Start them after surgery, not before. Choose Arnica with no added echinacea.

FOR COMFORT AT HOME

- ☐ **Humidifier.** Keeps the air moist while you breathe through your mouth.
- ☐ **Neck pillow and wedge pillow.** For sleeping upright, which reduces swelling.
- ☐ **Frozen peas and small sandwich bags.** To ice your eyes. **Never place them on your nose.**
- ☐ **Straws.** They make it easier to stay hydrated.
- ☐ **Fresh pineapple or pineapple juice.** Helps with bruising and swelling. Eat the center core too.

FOR CLEANING YOUR NOSE

[Watch the nose cleaning video](#) before your surgery.

- ☐ **Q-tips**
- ☐ **Hydrogen peroxide**
- ☐ **Vaseline.** Plain Vaseline only. **No Aquaphor.**
- ☐ **Normal saline nasal spray.** Not a medicated spray (no Afrin).

AFTER SURGERY: ONLY IF DR. NADERI RECOMMENDS

Do not buy these in advance. Dr. Naderi will tell you if you need any of them to help your healing.

- ☐ **NeilMed Sinus Rinse.** Clears congestion from mucus, dried blood, and scabs.
- ☐ **Anti-snoring nose vents.** Keep the nostrils from swelling or scarring down, and help with symmetry of the nostrils and septum.
- ☐ **3M Micropore surgical tape, ½ inch, tan colored.** Taping helps reduce swelling. [Watch the taping video.](#)
- ☐ **Detachol adhesive remover.** Removes surgical tape without pulling on your skin.
- ☐ **Nasacort steroid spray.** Helps reduce swelling inside the nose.
- ☐ **Silicone scar gel.** Helps improve incision scars.
- ☐ [Rhinoshield.](#) Protects your nose if you wear glasses.
- ☐ **Clear hard shell sports face shield.** Protects your nose if you play sports.