

TRAN INSTITUTE FOR PLASTIC SURGERY
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PRE & POST OPERATIVE INSTRUCTIONS: NASAL SURGERY

SURGERY DATE: _____ ARRIVAL TIME: : _____ PLACE: _____

WEEKS/DAYS BEFORE SURGERY:

- All nicotine product consumption must stop 4 weeks prior to surgery and refrained for 4 weeks after surgery.
- One week prior to and two weeks after surgery take ARNICA MONTANA (can be found at Walmart/GNC).
- Do NOT take ASPIRIN or medications containing aspirin between now and your surgery date. Do NOT take ANTI-INFLAMMATORY drugs such as Ibuprofen, which include: Advil, Nuprin and Motrin. Do NOT take Vitamin E or eat Chinese black mushrooms; these products can interfere with normal blood clotting and may increase bleeding and post-op bruising. If needed, you may take Tylenol for minor aches and pains.
- The following are some drugs you should avoid between now and your surgery date: Alka Seltzer, Anacin, Aleve, Ascriptin, Bufferin, Cope, Coricidan, Darvan, Fiorinal, Dristan, Empirin, Excedrin, Midol, Sine-Aid, Sine-off, Percodan, Stendin, Triaminicin, Vanquish, St. John's Wort, diet pills (even "Natural") Ginkgo Biloba, "Natural" water pills, Ephedrine (aka Ma Huang). If you have any doubts, please check with our office.
- Please notify us if you take any herbal supplements and/or vitamins.
- For a period of 3 days prior to surgery, cleanse your face, neck, and ears 3 times a day for 5 minutes each time using antibacterial soap, such as Dial. You may use moisturizer and make-up during these three days.
- Report any signs of cold, infection or skin eruptions at the site where surgery will be performed that appears 1 week prior to the surgery date.
- Obtain 3x3 inch gauze pads, one roll of ½ inch paper tape, Q-tips, antibacterial soap, such as Dial, and antibacterial ointment, such as Bacitracin, for after surgery.
- Have your prescriptions for all medications filled prior to surgery.

EVENING BEFORE SURGERY:

- Shampoo your hair as usual and wash your face, ears, and neck with antibacterial soap (such as Dial) for 3 full minutes. Do not use conditioner or hair spray after shampooing.
- Make some Jello and/or soup for after surgery.

***DO NOT EAT OR DRINK ANYTHING (INCLUDING WATER) AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY.**

MORNING OF SURGERY:

- Wash your face with antibacterial soap for 3 full minutes. Do NOT apply moisturizer.
- Do NOT wear make-up, jewelry, or bring anything valuable to the surgical center or office.
- Wear or bring comfortable and loose-fitting clothes to go home in (specifically, a top that opens in the front). Do NOT wear pullover tops or panty hose.
- Arrange for someone to bring you to the surgery center or office the morning of surgery and to pick you up at the designated time after surgery. Your next appointment and any additional instructions will be given after surgery. Arrange to have someone spend the first 24 hours with you after surgery.

AFTER SURGERY:

- Keep your head elevated with two pillows or a donut-shaped pillow at all times. Do NOT sleep on your stomach.
- Take medications as directed. It is best to take pain medication with crackers or Jello. If you do not have pain, do not take pain medication. Do NOT consume any alcoholic beverages while taking medications.
- While awake, apply ice packs (crushed ice is best) to the eyes for the first 48 hours. This will decrease the amount of swelling you will have post-operatively. Do NOT put pressure on the nasal cast.

***UNDER NO CIRCUMSTANCES SHOULD YOU REMOVE THE CAST FROM YOUR NOSE!** If there is a problem, notify us immediately.

- You will probably have bloody nasal discharge for 2-4 days following surgery. Change the drip pad under your nose as often as needed. Do NOT rub or blot your nose as this will tend to irritate it.
- To prevent bleeding post-operatively, do NOT sniff or blow your nose for the first 2 weeks after surgery. Try not to sneeze, but if you do, sneeze through your mouth.
- A liquid diet is suggested for the first night after surgery. Begin by taking liquids slowly and progress to soups or Jello. You may start a regular diet the next day. Avoid foods that require excessive lip movement for 2 weeks (i.e., apples, corn on the cob, etc.).
- While the cast is on, you may have your hair washed beauty salon fashion. Take care to prevent the cast from getting wet.
- You may clean the edges of your nostril to remove crusts with a Q-tip lubricated with antibacterial ointment. You may advance the Q-tip into your nose as high as the cotton tip but NO further. Please remember after surgery, your nose is very tender. Be very gentle and cautious.
- If you experience excessive pain, a rise in temperature above 100 degrees, or any injury to your nose, please report this to us immediately.
- The stitches will be removed in approximately 5 days after surgery.

MORE POST-OPERATIVE INSTRUCTIONS:

- Strenuous activity (i.e., aerobics, heavy lifting, bending over, etc.) should be restricted for 2 weeks after surgery. After the 2 weeks abstinence, you should slowly increase your activities so they are back to normal by the end of the 3rd week.
- Be careful to avoid a blow to your nose for 8 weeks after surgery.

- After the cast is removed, do NOT allow glasses or anything else to rest on your nose for 8 weeks. Glasses should be taped to the forehead (we will show you how). Contacts can be worn as soon as the swelling has decreased enough for them to be inserted.
- The skin of your nose is sensitive to sunlight after surgery. Protect your nose from excessive exposure to the sun for 8 weeks. Wear wide brimmed hats and/or sunscreen (SPF 15 or greater) if you have to be in the sun for prolonged periods.

GENERAL INFORMATION:

- The cast will be removed approximately 1 week after surgery. At that time, the nose will appear swollen, and the tip will look overly "turned up". 90% of the swelling will subside rapidly over the next few days as the nose begins to approximate its eventual shape. However, it usually takes upwards to one year for the last 10% of the swelling to disappear.
- The inside of the nose will also be swollen. This will result in difficulty in breathing which will progressively improve with time.
- After the cast is removed, the nose can be washed gently with a bland soap and make-up can be applied. Moisturizing creams can be used if the nose is dry and "scaly".
- The tip of the nose sometimes feels numb after rhinoplasty, and occasionally, the front teeth will feel "funny" - these feelings will gradually disappear.
- It is ideal to avoid looking in the mirror immediately after surgery. No matter how thoroughly we discussed the operation beforehand, you will see something you did not expect (i.e., more swelling, more discoloration, more sutures, a larger bandage, etc.). This will only tend to worry you. We will see you frequently in the office after surgery and inform you about your progress. It will usually be better than you imagine.
- Alcoholic beverages are discouraged during the first 3 weeks after surgery.
- For routine questions, call the office M-F between the hours of 9 AM and 5 PM; Wed. 10 AM and 2 PM. If your call is **urgent** please call anytime day or night at **(661) 253-2211**