

## **Rhinoplasty Pre and Post Op Instructions**

### **To and From Surgery**

On the day of surgery, plan for someone to drive you home, we recommend that you have someone watch over you at home as well. Be sure you have read and completed the Newport Beach Surgery Center paperwork before you arrive. You can call the surgery center to get more detailed instructions. Make sure you know how to get to the surgery center so you can be on time. You should not drive for one week after surgery.

### **Diet**

Do not eat or drink anything for eight hours before surgery. After surgery, be sure to drink enough water to prevent dehydration. After arriving home from the surgery center, avoid heavy solid foods the rest of the day.

### **Physical Activity**

After surgery you may feel tired, sore, and may have some bruising. Be sure to get some rest until the effects of the anesthesia have worn off. If at any time you feel dizzy after surgery lie down until you feel normal again. You may engage in normal activity, but do not do anything to elevate your blood pressure for at least a week. This will cause bleeding in the area which may result in a hematoma.

### **What to Wear**

Be sure to wear comfortable clothing such as a loose fitting zip up and sweat pants to make it easier to get dressed afterwards.

### **Medication**

Discontinue taking aspirin, ibuprofen, and vitamin E one week before surgery (refer to the aspirin instruction sheet). Do not resume taking any aspirin, ibuprofen, or Alleve until 5 days after the surgery. Get your prescriptions filled a few days in advance to take after surgery. Take your antibiotics until the bottle is gone, and take your pain medication as needed. Each person experiences pain differently, but most patients experience the most pain the first day following surgery.

### **Wound Care & Bathing**

You will have an external plastic nasal splint and possibly some intranasal packing or splints. When taking a shower do not get the splint wet as this will cause it to come off. Gauze is often taped underneath your nose to catch any blood which oozes after surgery. You may remove the gauze once the leakage stops. The packing and splint will be removed after one week. Dr. Doezie will show you how to correctly tape your nose to prevent more swelling; this is usually to be done at night for the second week. Please do not ice the wound or area near the wound unless given clearance by Dr. Doezie. There are usually a few stitches only that need to be removed, from the base of the nose. Be aware that your new nose will be quite swollen from the day of surgery and it will take months before swelling is completely resolved (8-9 months) in the tip. Swelling of the bridge of the nose will resolve in about a month. You must be patient to see the final result.

Showering/Bathing: You may take a shower the day after surgery as long as you keep your nose dry.

Be sure to call Dr. Doezie if there are sudden signs of excessive pain, redness, and swelling of the nose.

### **Follow-Up Visits**

You will come into our office the day after surgery for a follow up visit with Dr. Doezie. A week after the surgery you will come in to our office to have the stitches, if any, removed. If you are on pain medication you need to have someone drive you to our office. Dr. Doezie will let you know when to make the rest of your follow-up visits.

### **What Bring to the surgery center:**

Photo ID

Credit Card (no personal checks)

### **Other Suggestions:**

Paper or plastic bag for the car ride home just in case

A pillow for comfort on the way home

A bottle of water