



RHINOPLASTY

Before Surgery:

- No aspirin, Motrin, Ibuprofen, Advil, Nuprin or any other anti-inflammatory medicine for one week before and one week after surgery. Also avoid Vitamin E, herbal supplements, herbal teas, and red wine for one week prior to surgery. Tylenol is permitted at anytime. For any additional questions please ask your surgeon.
- SinEcch is a homeopathic medication shown to decrease bruising. It is recommended you start a course the night before surgery. It is available at our office for \$25, or you may buy it at a drugstore.
- Please **STOP SMOKING** at least one month before surgery. Smoking increases your risk of infection, skin loss and septal perforations. Smokers do not heal as well and the results of the surgery tend to not be as good. If you are a smoker this is a great time to quit!
- Please **NO EATING OR DRINKING AFTER MIDNIGHT**. The facility will be calling you the afternoon before the surgery to give you further instructions for your surgery the following day.
- Please arrange for someone to drive you to and from the facility the day of surgery since you will not be able to.

After Surgery:

- During the first 24 hours following the surgery, you should stay in bed most of the time with the head elevated on 2-3 extra pillows, or in a recliner chair. Please have someone available to stay with you to assist you with getting in and out of bed for the first few times.
- Mild nausea may occur up to 24 hours following the general anesthetic. It is best to drink only fluids if you do experience this.
- Use an ice pack (a frozen bag of peas works well) for 15 minutes every hour while awake to your eyes and nose, for the first 3 days after surgery. The swelling around the eyes may last for 3-4 days after the procedure. The black eyes will improve considerably by one to two weeks. Swelling of the nose usually will last 3-4 weeks. Swelling of the tip may last several months. Fullness along the sides of the nose where the bones were broken may last 9-12 months.
- Be sure you change the gauze drip pad under your nose as needed. You may have sporadic bleeding for several days.
- Splints will be inside your nose for 4-5 days after your surgery. You may need to breathe through your mouth while the packing is in place. Your mouth may become dry and irritated; a bedside humidifier or vaporizer will help relieve this dryness and will also promote nasal healing. You may feel some ear pressure when swallowing due to the nasal packing and swelling.
- External splints or sutures should be kept clean and dry. They will also be removed 4-5 days after the surgery. Once the splints are removed you may

cleanse the skin by using a gentle mild soap. Makeup may be worn after the bandages are removed. It is sometimes necessary to replace the splint for a second week after surgery, especially if your nose was crooked.

- You may find that your upper lip, teeth and nasal tip feel numb. This is due to a numbing of the nerves in the floor of your nose. This numbness may take up to several weeks to go away.
- Drinking alcohol can prolong swelling and delay any healing. Please avoid any usage for several weeks.
- Numbness, swelling, tingling, itching, discoloration, hardness, crusting, tightness and redness around the incisions are entirely normal and should resolve gradually with healing.
- Full healing takes a full year. Please keep all post operative appointments made at 4-5 days, two weeks, one month, three months, six months and one year.

Activities:

- Please avoid any extreme physical activity after surgery. Obtain more rest than you usually get and avoid exertion, including athletic activities, for 2 weeks. Aggressive sports may be resumed in 3 weeks following the surgery. The nose will remain fragile and tender for around 6 weeks.
- Please no nose blowing for 14 DAYS. You may sniff or even dab your nose gently with tissues if necessary. Please cough and/or sneeze with your mouth open. Please try not to bump your nose for the first 6 weeks.
- If you wear eyeglasses please do not rest the glasses on the bridge of your nose for at least 4 weeks. Doing so may cause a deformation of the nasal bones, especially if they were broken as part of the surgery. Foam pads may be attached to the nose pads of your glasses, or please wear contact lenses. You may want to tape the external nasal splint back on the nose for your glasses to rest on for the 1st month.

Diet:

- You may begin consuming clear liquids and advance to regular foods as tolerated. Ample fluid intake (6-8 8oz glasses/day) helps prevent constipation and dehydration.
- Eat a relatively soft diet and avoid any hard chewing for a week or so.

Medication:

- Please take the prescribed pain reliever and antibiotic as directed.
- Please apply Bacitracin ointment 3 times a day with a q tip, both on any external sutures and inside the nostrils. Use easy a Q-tip or your finger tip, and continue doing this for at least one month after the surgery.
- Apply two sprays of nasal saline to each nostril every 2 hours while you are awake. This will be easier to do after the splints/packing is removed. Please continue using this nasal spray for at least one month after the surgery. The moisture will help prevent bleeding and discomfort and promotes healing.

- Expect moderate pain after surgery. You may use the pain reliever prescribed as needed. As your discomfort decreases, you may alternate between prescribed pain medications and Tylenol. Take as directed. Please remember that your prescription pain killer has Tylenol in it, as well.

Risks:

- While your nose has the packing/splints inserted you may experience headaches and/or sinus infections. Please remember you **MUST** take your antibiotic as directed by your doctor. Failure to take your antibiotic can result in an infection in your nose, nasal deformity, and toxic shock syndrome which is characterized by high fevers, rashes and weakness, and may result in death. Infection in the cartilage may cause a hole in the septum, or a collapse in the dorsum of the nose (a "saddle-nose" deformity).
- Heavy bleeding from the nose is rare and usually not serious. Should it happen, remain calm, keep your head elevated, and apply ice compresses to the side of the bleeding. Place a paper towel under your nostrils to absorb the blood, but **DO NOT INSERT ANYTHING** into the nostrils as this may cause damage to your nose. Over the counter nasal decongestant spray, such as Afrin, will slow down the bleeding. Please call if you develop continuous bleeding of bright red blood (if the drip pad is saturated every 20 minutes), vomiting of blood, fevers above 101.5 degrees, draining pus from your nose, worsening pain, persistent nausea, extreme headaches or any vision changes.
- The sense of smell may not improve after rhinoplasty, and may rarely worsen or completely go away.
- The structure of the nose may be weakened, and nasal valve collapse may occur, where the sidewalls become floppy and can collapse during inspiration. Weakness in the structure of the nose may cause the tip to droop over many years, with a decrease in airflow and enlargement of a nasal hump.
- It is important to remember that no rhinoplasty surgery is perfect. There may be incomplete correction of nasal deformity, as well as asymmetry, irregularity, skin loss, a palpable or visible bump, swelling, a pink incision site, and irregular scarring (on or inside the nose). These usually improve over time, and it takes up to a full year for noses to heal. Crooked noses and crooked septums often heal slightly crooked even if they were completely straight right after the surgery. There is a risk that you will be dissatisfied. Occasionally corrections are necessary after surgery, and these can often be done in the clinic with local anesthetic. It is usually best to wait at least 9-12 months after the initial surgery before a revision is performed. Although the surgeon usually doesn't charge anything for a single revision, you would be responsible for paying the anesthesiologist and operating room if they are needed for the revision. The goal of rhinoplasty surgery is to correct deformities in your nose. It will still look like your nose, but with the specific deformities improved. There is no such thing as a perfect nose after rhinoplasty! Our goal is a nice improvement in the appearance and function of your nose.

FOLLOW UP APPOINTMENTS ARE IMPORTANT. PLEASE CALL OUR OFFICE AT 801-328-2522 TO SCHEDULE AN APPOINTMENT AS DOCTORS SCHEDULES DO FILL UP QUICKLY.

Please schedule your follow up appointment for 4-5 days from surgery to have your splints removed, as well as appointments 2 weeks and 4 weeks after surgery.