



PRE-OPERATIVE INSTRUCTIONS FOR RHINOPLASTY SURGERY

Please watch the following videos, which correspond with the instructions below:

- Pre-op instructions for facial surgeries
<https://www.youtube.com/watch?v=Xd0aCTXptyk&feature=youtu.be>
- Post-op instructions for facial surgeries
<https://www.youtube.com/watch?v=eTuQ0VafhXQ&feature=youtu.be>
- Instructions for rhinoplasty surgery <https://www.youtube.com/watch?v=MTBxj3ReMNI>
- Rhinoplasty nasal exercises video: <https://www.youtube.com/watch?v=UFyo3urnCag>

THREE WEEKS BEFORE SURGERY:

- If it is required by your surgeon, laboratory tests, EKG and eye exams should be done at this time. If this testing is done at your physician's office or other location, please fax written results to our office at (585) 271-4786. These results must be received 1 week prior to surgery.
- If there is any chance that you are pregnant, surgery will need to be rescheduled.
- All fees-surgical, anesthesia and facility are due to our Patient Consultants.

TWO WEEKS BEFORE SURGERY:

- Discontinue aspirin, ibuprofen (e.g. Advil, Motrin) or any supplements that increase risk for bleeding. Check the label of any OTC medications for aspirin or ibuprofen. Check with your PCP and/or cardiologist before stopping aspirin.
- Tylenol is ok to take.
- Stop all nicotine products, including any tobacco products, vaping, or nicotine patches since nicotine decreases circulation and may result in a poor outcome.
- Start Vitamin C 1000 mg three times per day to improve wound healing.
- If your destination after surgery is more than 30 minutes from the office, you must make arrangements to stay locally the night of surgery. Your Patient Consultant can assist with this.

ONE WEEK BEFORE SURGERY:

- Do not drink alcohol for 1 week before and after surgery.
- To avoid cancellation, all lab results and testing is due.
- Please inform our office if you have an acne breakout. There is a chance that surgery would be cancelled if you have active acne.

DAY BEFORE SURGERY:

- The Surgery Center will call you in the afternoon to inform you of your arrival time for surgery.

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- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT (including water and gum chewing). SURGERY MAY BE CANCELLED IF THIS IS NOT FOLLOWED.** The only exception is medication, which we will instruct you to take the day of surgery if needed, with a sip of water.

DAY OF SURGERY:

- Arrive at Lindsay House Surgery Center, 973 East Avenue, Suite 101.
- You may shower and shampoo the morning of surgery.
- Do not wear makeup or use hair sprays/gels.
- **NO ACRYLIC NAILS OR NAIL POLISH (INCLUDING GEL/POWDER). NO EYELASH EXTENSIONS OR MASCARA (flammable).**
- Please do not wear contact lenses. Glasses are okay.
- Avoid clothing that must be pulled over the head. Please wear loose fitting clothing.
- If you wear dentures, please leave them in place.
- Do not wear jewelry, including body jewelry, or bring valuables to surgery.
- If you have your menses, please wear a feminine napkin, not a tampon.



GENERAL POST-OPERATIVE INSTRUCTIONS FOR FACIAL SURGERY

- **A responsible adult must provide transportation for you after surgery (public transportation is not permissible) and remain with you until the morning following the procedure. You may need assistance for 1-2 days following your procedure.**
- You will need to arrange transportation for your follow up appointment at our office on the day following surgery. Do not drive for 24 hours after surgery or anytime that you are taking pain medications.
- Avoid making major decisions or participating in activities requiring judgment for 24 hours after surgery.
- All of your post-operative appointments will take place in our practice office.
- Do not compare your progress with that of other patients. Remember that everyone's healing process is unique. Your family and friends may mean well, but you can receive inaccurate information.

ACTIVITY:

- Limit your activity sharply over the first week following surgery.
- You are encouraged to walk around the house on the day of surgery and thereafter. Move/pump your legs frequently while lying down.
- Keep your head elevated on 2-3 pillows while you rest or sleep for 7-10 days.
- Smoking and use of other nicotine products should be strictly avoided as it interferes with the blood supply to the healing tissues and slows subsequent healing.
- Take deep breaths often when you get home for the first 24 hours after surgery.
- Keep your emotions under control. It is not unusual to feel a bit depressed after surgery. This quickly passes as you begin to look and feel better. Anger, crying or other emotional outbursts will only add to the swelling or increase the likelihood of bleeding.
- Avoid lifting over 20lbs, straining and aerobic activities for 3 weeks. Then gradually increase your exercise level back to normal over 2-3 weeks.
- It is okay to turn your head side to side with normal head movement.
- Avoid excess sunlight to the incisions and face for at least a year. Even mild sunburn may cause prolonged swelling or irritation. Use sunscreen with zinc oxide and SPF 20 or greater to help decrease the visibility of the incision lines and protect facial skin.

ORAL INTAKE:

- Take all medications as instructed postoperatively.
- Do not drink alcohol during the first week of recovery.
- Drink plenty of fluids following surgery, as dehydration can contribute to nausea.

- To help reduce nausea, eat a small amount of food 20 minutes before taking postoperative medications (especially pain medications and/or antibiotics).
- If you vomit or feel nauseated, you should delay food and pain medications until the nausea passes.
- Take only 2-3 ounces of clear liquids at hourly intervals until the nausea subsides. If this symptom persists, take your anti-nausea medications to avoid vomiting.
- You may want to avoid foods that require extensive chewing, such as steak. Soft foods may be easier to eat.

BATHING:

- Following surgery, you may bathe, but do not submerge your head in the water. Please keep nasal cast and ear bolsters dry.
- It is encouraged and okay (starting on your first post-operative day) to wash your face with your facial cleanser, toner if you use one and then apply your moisturizer. Avoid your incision line areas.
- If you have had a resurfacing procedure, follow directions listed under Skin Care in your packet.

SPECIFIC POST-OPERATIVE INSTRUCTIONS FOR NASAL SURGERY

WHAT TO EXPECT WITH SWELLING, BRUISING, PAIN, INFECTION

- Most patients complain more of discomfort from nasal and sinus congestion than from pain. Any pain should be controlled via the prescribed medication. After the first day the pain may subside enough so that Tylenol may be sufficient.
- Swelling and bruising about the eyes and cheeks is variable. Swelling and bruising maximizes at about two days then subsides over the next 5-7 days.
- You can ice your eyes and cheeks with a small bag of frozen peas or use the cotton eye pads we will give you at your pre-operative visit. Apply for 15 minutes per hour for the first 48 hours while awake.
- We will give you Arnica, an herbal supplement that may help to minimize both bruising and swelling. This will be started 2 days before surgery and several days after.
- Infection is a rare event. Fever, localized swelling with redness and tenderness may signify a developing infection and should be reported. Appropriate treatment will be initiated.
- Your final results will occur between 6-12 months.

NASAL CARE

- **DO NOT PLACE Q-TIP OR KLEENEX IN YOUR NOSE IN AN ATTEMPT TO CLEAN YOUR NOSE** (if you do so, you could cause a septal perforation or serious infection).
- Do not blow your nose or sniff excessively for 6 weeks as this will only irritate the healing tissues. If you sneeze or cough, open your mouth (less force through nose).
- You will have nasal packing in place for the first night so you will breathe primarily out of your mouth which also contributes to a dry throat.
- It is normal to have some nasal bleeding over the first twelve hours after surgery.
- You will have a small gauze dressing under your nose (Drip Pad). It may be necessary to change this pad a dozen or so times the first night.
- If you have profuse nasal bleeding (changing drip pad every 10 minutes), immediately rest with your head elevated on 3-4 pillows. Apply light ice packs on the back of the neck and over the eyes which may help. Please call the office if these measures do not help. This is a rare event.

- On the next day after surgery, we will remove the nasal packing. After this, approximately 3 to 4 hours later you will start using nasal saline mist every 1-2 hours while awake. This will be continued for the first few weeks.
- For the first 3 to 5 days you can still have small amounts of pinkish-reddish discharge from your nose and your throat. This will gradually subside.
- Expect your nasal passages to be obstructed by swelling for at least 2 weeks. This causes a decreased sense of smell and taste but is temporary.
- A humidifier will be helpful with the nasal congestion and dry throat.
- It is not uncommon to have dry lips due to mouth breathing. Apply Vaseline or other emollient to lips as needed.
- Please avoid contact or semi-contact activities for 4 to 6 months. It takes 6 weeks for nasal bones to fully heal. Full swimming is allowed 6 weeks after surgery.

INCISION CARE/NASAL CAST

- You will have a small incision under your nose and in some cases along the side of the nares.
- Twice per day, use a Q-tip dipped in hydrogen peroxide, gently roll over the sutures and then apply a small amount of polysporin.
- Sutures will be removed on day 3-4.
- Once removed, we will apply steri (reinforced tape) which will stay in place until day 7.
- It is important that you protect this incision line from sun, wear a sunscreen with SPF 20 anytime you will be exposed to sun for the first year.
- Keep your nasal cast dry. It will be removed on post-operative day 7.
- When the cast is removed, the nose will be quite swollen and the nasal tip will be turned up slightly. This swelling will improve over the next 14 days.
- We will teach you nasal exercises usually by day 7-10 that will help to keep the sides of the nose narrow and in proper alignment along with decreasing scar tissue formation.
- View Rhinoplasty Nasal exercises video: <https://www.youtube.com/watch?v=UFyo3urnCag>
- Your final results may take up to 1 year.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING EMERGENT ISSUES:

- Fever of 101 degrees or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and or/foul smelling drainage from an incision site.
- Significant swelling, redness or warmth of the tip of your nose.
- Bleeding that does not respond to uninterrupted direct pressure/ice for at least 20 minutes.
- Persistent nausea and/or vomiting.

Emergent surgical issues can be addressed on evenings or weekends via our on-call EMERGENCY line (585-258-4851).

***General medical questions** can be addressed during regular business hours M-F 8:30am-5pm (585-244-1000).

The Patient Consultant will make your post-operative appointments and collect any fees.

If I have any questions with regards to the content of the videos and/or my expectations with respect to my participation in my pre-operative preparation, I will review all questions and any concerns with the Advanced Practice Provider during my in-person, pre-operative appointment.

Patient Signature: _____

Date: _____

Patient Name (print): _____

Witness: _____

Date: _____