

**Laurence Kirwan, MD, FRCS, FACS**  
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**Pre and Post-Operative Instructions For Nose Surgery**

TWO WEEKS BEFORE SURGERY:

1. **DO NOT TAKE ANY ASPIRIN PRODUCTS for 2 weeks prior to or after surgery. Do not SMOKE for three weeks before or after surgery.** Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol. Do not drink alcohol for 10 days pre op. Some medications can interfere with anesthesia and cause undesirable side effects that affect your surgery. Please read over the enclosed medication information list and let us know if you take any of them. Tylenol is a good medicine to take for any aches and pains you may have prior to surgery.

Please wear a button down top to the office on the day of surgery. Wear sweat pants, sneakers, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear make-up, jewellery or pantyhose. Fill the prescriptions that we give you before surgery.

2. A responsible adult should be with you for the first 24 hours after surgery. If you are having out-patient surgery, arrangements should be made to take you to and from the hospital or office.

3. Please have your EKG and blood tests (if ordered) done about 10 days before surgery.

TWO DAYS BEFORE SURGERY:

1. Start washing your face twice a day with Hibiclens ( over-the-counter) or Dial soap for 2 full minutes. You may use moisturizer and makeup during these 2 days. **Keep Hibiclens out of eyes.**
2. Make certain you have something such as small zip-lock plastic bags to fill with frozen peas or corn for your eyes and cheeks after surgery.
3. Place two thick telephone books under the head of your mattress or place two bricks under each leg of the headboard in preparation for after surgery.

EVENING BEFORE SURGERY:

1. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication which we instruct you to take with a sip of water the morning of surgery.**
2. Shampoo your hair and wash your face with Hibiclens for 3 full minutes. Do not use conditioner or hair spray after shampooing.
3. Make some Jello and/or soup for after surgery. Get a good nights rest.

MORNING OF SURGERY:

1. Do not eat or drink anything.
2. If you have been given any medication to take before surgery, take as instructed with a sip of water. Wash your face with Hibiclens for 3 full minutes and go to the bathroom. Ladies: do not put on any facial makeup or lipstick after washing.
3. Do not wear wigs, hairpins, hairpieces or jewelry. Dress in old comfortable clothes. **Do not wear pull-over tops or pantyhose.**
4. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for your trip home.

AT HOME AFTER SURGERY:

1. It is important for you to elevate your head on at least 2 pillows to help keep swelling to a minimum (see above). Applying cold packs (frozen peas in zip lock baggies) to the eyes during the day for the first 48 hours will decrease the amount of swelling you will get postoperatively. Do not get the dressing wet or put pressure on it. Please keep your head elevated as much as possible after surgery to reduce swelling.

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2.

- Do not do any strenuous activity
- Do not strain during a bowel motion
- Do not put your head below your heart
- Do not take pain medication on an empty stomach since it may cause vomiting.

All of these factors will raise your blood pressure and cause bleeding which may require emergency surgery.

2. For three weeks after surgery do not smoke, do not drink regular coffee or soft drinks containing caffeine. Do not sit in the same room as a smoker.
3. If you have pain, take the pain medication every 3-4 hours as needed. If you have no pain, do not take the medication. It is best to take pain medication with crackers, Jello, etc.
4. A liquid diet is best for the day of surgery. Begin taking liquids slowly. You can start a soft regular diet the next day. For 2 weeks avoid foods that require excess lip movement, i.e., apples, corn on the cob, etc.
5. You will probably have a bloody nasal discharge for 2-4 days so 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.
6. To prevent postoperative bleeding, do not sniff or blow your nose for the first two weeks after surgery. Try not to sneeze, but if you do, sneeze through you mouth.
7. While the nasal splint is on, you may have your hair washed beauty salon fashion. Take care to prevent the dressing from getting wet.
8. You may clean the edges of your nostrils to remove crusts with a Q-tip dipped in hydrogen peroxide. You may advance the Q-tip into your nose as high as the cotton on the Q-tip, but no further. Use BACITRACIN OINTMENT on the Q tip to keep the inside of the nostril moist. Use OCEAN spray in each nostril to help drainage of secretions. There is nothing you can do to hurt anything inside your nose as long as you are gentle in your actions.
9. If you experience excess pain, a rise in temperature above 100 degrees, or an injury to your nose, call the office immediately.

**OTHER POST-OPERATIVE INSTRUCTIONS:**

1. Strenuous activity, i.e., aerobics, heavy lifting, bending over, etc. should be restricted for 2 weeks after surgery. After two weeks you should slowly increase you activities so they are back to normal by the end of the third week.
2. Be careful to avoid a blow to your nose for 8 weeks after surgery.
3. The skin of your nose is sensitive to sunlight after surgery. Protect your nose from excess exposure to the sun for 8 weeks. Wear wide brim hats and/or sun screen (SPF-15 or greater) if you have to be in the sun for prolonged periods.

**GENERAL INFORMATION:**

1. The nasal splint will be removed approximately 10 days after surgery. At that time, the nose will appear swollen. Ninety-five percent 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 of one year for the last five percent of the swelling to disappear. This will not be noticed and will not detract from the appearance of the nose.
2. The inside of the nose will also be swollen. This will result in difficulty breathing which will progressively improve with time.
3. After the nasal splint is removed, the nose can be washed gently with a bland soap and makeup can be applied. Moisturizing creams can be used if the nose is dry.
4. The tip of the nose will usually feels numb after rhinoplasty, and occasionally, the front teeth will feel "funny". This is normal and will improve with time.

3.

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5. It is a good idea to avoid prolonged looking in mirrors immediately after surgery. No matter how thoroughly we discussed the operation beforehand you will see something you didn't 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 will inform you about your progress. It will usually be better than you imagine.
6. Alcoholic beverages are discouraged during the first 3 weeks after surgery.