Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

Rhinoplasty – Pre and Post-Operative Instructions

Pre-Operative Instructions

1. Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain.

2. Do not smoke for three weeks before or after surgery.

3. Do not drink alcohol for three weeks before or after surgery.

4. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5. Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6. On the day of your procedure, please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. Please remove all piercings including nose and body piercings. Do not apply body creams, lotions, oils or any kind of deodorant. Do not wear wigs, hairpins or hairpieces.

7. Shower, shampoo and wash your face thoroughly with anti-bacterial soap on the day of surgery. The hospital may provide you with an antiseptic body-wash pack to use before surgery.

8. We suggest purchasing zip-lock plastic bags to fill with frozen peas or corn for your eyes and cheeks after surgery.

9. Before your surgery day, make some Jell-O (jelly) and/or soup as you will require a soft diet after surgery.

Post-Operative Instructions

1. Your surgery will take approximately 2 hours. After surgery you will go to the recovery room until you have recovered sufficiently to be discharged.

2. If you are having outpatient surgery, someone must drive you home and, for your safety, remain with you for the first 24 hours.

3. You will receive instructions for scar management at your follow-up visits.

4. It is important for you to elevate your head on a least 2 pillows to help keep swelling to a minimum. Apply cold packs (frozen peas in zip lock baggies) to the eyes for the first 48 hours as this will decrease the amount of swelling and bruising you will get after surgery.

5. Do not put your head below your heart. Do not do any strenuous activity or housework. Do not strain during a bowel movement. Do not take pain medication on an empty stomach since it may cause vomiting. All of these factors will raise your blood pressure and may cause bleeding.

6. Do not pull clothes on over your head.

7. After surgery, a splint will be applied to your nose and you may have packs in your nostrils. Do not get the nasal splint wet or put pressure on it. The packs will be removed after 24 hours. Any sutures in your columella or nostrils, will be removed at 2-4 days.

8. After the splints are removed, you may wash your face gently with water. Please DO NOT wear make-up without first checking with us. You may wash your hair with tepid water and antibacterial shampoo after one day. Be gentle. Dry thoroughly but gently with a hand towel or blow-dryer. Do not put rollers in your hair or use a hair dryer except on a warm setting. Do not get the splint wet.

9. 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, Jell-O, etc.

10. A liquid diet is best for the afternoon and evening following surgery. Begin taking liquids slowly. You can start a soft regular diet the next day. For two weeks, avoid foods that require excess lip movement, e.g. apples, corn-on-the-cob, etc.

11. You will probably have a bloody nasal discharge for about 2 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.

12. 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 with an open mouth.

13. You may clean the edges of your nostrils to remove crusts with a Q-tip dipped in 50:50 hydrogen peroxide/saline or just saline. You can advance the Q-tip into your nose as high as the cotton on the Q-tip, but no further. Use Bacitracin or Bactroban ointment on the Q tip to keep the inside of the nostril moist, rolling the Q-tip inside the nostril and forwards to its apex. Use Saline Nasal Spray in each nostril to help drainage of secretions. Be gentle in your actions.

14. If you wear glasses, tape them to your forehead for the first six weeks to avoid having them rest on your nose.

15. Swelling after surgery is to be expected. After the nasal splint is removed, the nose may appear swollen, especially in the tip area. The nose is usually more swollen in the morning and the application of ice will help to reduce the swelling. The swelling subsides over the next few months as the nose begins to approximate its

eventual shape. It takes one to two years to see the final result. The inside of the nose will also be swollen. This may result in difficulty breathing which will progressively improve with time.

16. If you experience excessive pain, a rise in temperature above 100 degrees, or an injury to your nose, call the office immediately.

17. Strenuous activity, i.e., aerobics, heavy lifting, bending over, etc. should be avoided for 2 weeks after surgery. After two weeks you should slowly increase your activities so you are back to normal by the end of 4-6 weeks.

18. Avoid bangs or blows a blow to your nose for at least 8 weeks after surgery. Don't hold children on your lap.

19. The skin of your nose is sensitive to sunlight after surgery. Protect your nose from excess exposure to the sun for 8 weeks. Scars should be protected for six months at least. Wear wide brim hats and/or sun screen (SPF-15 or greater). Dr. Kirwan will recommend a sun-block.

20. The tip of the nose usually feels numb after rhinoplasty, and occasionally, the front teeth will feel "funny". The upper lip may feel stiff and you may find it difficult to smile easily. This is normal and will improve with time.

21. If you have any questions, please call the office at 203-838-8844.