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## Pre-Op Instructions for Rhinoplasty

- Avoid aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), and other non-steroidal anti-inflammatory medications, Vitamin E, herbal supplements or any medications containing these compounds for two weeks before surgery.
- Acetaminophen (Tylenol or generic equivalent) and a daily multivitamin are fine.
- Refrain from smoking two weeks before and two weeks after surgery.
- Avoid sun damage two weeks before surgery. While we recommend wearing a SPF 50 or higher.
- Your prescriptions for after surgery (typically an antibiotic and pain med) will be given to you the day of surgery.
- Do not eat or drink anything, including water, after midnight the night before your surgery.
- Arrange for someone to take you home from the hospital. You will not be allowed to drive or leave alone. Arrange for someone to stay with you for the first 24 hours after surgery.

## Post-Op Instructions for Rhinoplasty

- Change dressing under nose (if present) until drainage stops.
- Do not blow your nose for two weeks. You may sniff back gently, but no nose blowing. If you must sneeze, sneeze with your mouth open.
- If you have nasal packs they will be removed 5-7 days after surgery.
- Keep the inside of your nose moist with nasal saline spray; 2 puffs per nostril 4-6 times or more per day will promote healing and provide comfort.
- Using a cotton-tipped applicator, apply Vaseline ointment to the skin stitches. Avoid touching the areas with your fingers.

- Keep your head elevated for the first 48 hours to minimize swelling. A recliner works well. Sleeping with an extra pillow or two is adequate.
- Iced gauze pads (gauze pads dipped in ice water and wrung out) should be applied to the eyes and the cheeks for the first 48 hours to minimize swelling and discoloration. Do not use an ice pack of any kind.
- Avoid foods requiring prolonged chewing and avoid excessive facial movements for one week.
- Brush teeth gently with a soft toothbrush only. Avoid manipulation of upper lip to keep nose at rest. You may have some numbness in your upper lip and upper teeth for about a week.
- The nasal cast will be removed after 5-7 days at your follow-up appointment. Do not disturb it. Keep it dry; if it gets wet, gently pat it dry. You may wash your face if you avoid the cast. You may shower and wash your hair.
- To prevent bleeding and increased swelling, avoid extreme physical activity including athletic activities and intercourse. You may resume light walking three days after surgery. Aerobic exercise, weight training, heavy lifting, and straining may be gradually resumed three weeks after surgery. Don't swim for one month since injuries are common during swimming.
- Absolutely avoid sun exposure, sun lamps, or tanning beds for six weeks after surgery. Heat may cause your nose to swell.
- Do not wear regular glasses or sunglasses that rest on the bridge of your nose for at least 6 weeks. You may wear glasses on your cast, once it's removed we will instruct you on how to tape the glasses to your forehead to avoid pressure on your nose. Contact lenses may be worn the day after surgery.
- Don't be concerned if the nose, eyes, and upper lip show some swelling after removal of the dressing – this usually resolves within 7 to 14 days. In certain patients, it may require six months for all swelling to completely subside.
- Take only medications prescribed by your doctor.
- After the doctor removes your cast, the skin of your nose may be gently cleansed with a mild soap. Makeup may be worn as soon as the cast is removed. Any discoloration may be covered using cover-up products. If you have questions regarding makeup, we will be happy to assist you.