



NOSE SURGERY & RHINOPLASTY PRE/POST OP INSTRUCTIONS

Do:

- Maintain a balanced diet with good protein intake and a multivitamin for wound healing
- It is OK to stay on a topical nasal steroid, if already prescribed, as well as oral allergy medicine
- Have spare sheets, towels, and pillow cases at home that are OK to use postoperatively in case they get drops of blood on them
- Have Afrin (oxymetazoline) spray on hand in case of a postoperative nosebleed
- Have nasal saline mist to keep the nose clean after surgery
- Have petroleum jelly on hand in a small squeeze tube
- Have Over-the-counter 500mg tylenol (acetaminophen) on hand for postop pain, you will alternate this with prescribed pain medicine so that you are taking a pain medication every 3 hours after surgery for the first 48 hours
- If you develop a cold, facial sores, fever, or any other illness prior to surgery, please notify our office.

Do NOT:

- **Use Aspirin or NSAIDs (ibuprofen, naproxen, etc) for 1 week prior to surgery**
- **Use any other supplements like fish oil, vitamin e, etc for 1 week prior to surgery**
- **Drink liquid or eat anything after midnight the night before your surgery**
- **Come to surgery with a fever or illness, it is better to reschedule than deal with a post-operative infection**
- **Smoke tobacco or other product. Nicotine replacement products are better than smoking for wound healing and blood flow**
- **Drink alcohol for 1 week postop to avoid bleeding problems**
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MORNING OF SURGERY

- Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for at least 24 hours.
- Do not wear contact lenses, wigs, hair pins, jewelry, dentures, nail polish or makeup. Dress in loose, comfortable clothes. Do not wear a pullover top. Slip on shoes work best. No metal or body piercings.

ANESTHESIA Recovery

- You may feel groggy or in an unclear state of mind for 24 hours after general anesthesia
- Some people feel muscle cramps and aches similar to soreness during the flu. This will pass over the next 48 hours

POSTOP

- Some oozing from the nose is expected for a day or two. A small gauze “mustache” dressing may be worn as a drip pad. You may change or remove it as necessary. Do not swallow blood as it may cause nausea.
- While resting, keep your head and shoulders elevated on at least 2 pillows for the next 48-72 hours or otherwise as directed by your doctor.
- Use nasal saline mist starting the day of your surgery every 2 hours while awake
 - Bloody discharge is expected and will clear over the next few days
- Use petroleum jelly or antibacterial ointment from Dr. Rosenberger on all exposed incisions and inside the tip of each nostril
- Do Not Remove the cast or tape applied to the nose. It will remain for 5-7 days
- Do Not get the nasal cast wet, use dry shampoo, get assistance or have your hair washed professionally
- Bathe in a tub with the door open and luke-warm water so that steam does not saturate the nasal cast
- You may wear glasses over your splint. However, after the splint is removed, glasses should not rest on the nose. Instead, they can be taped up to avoid resting directly on the nose.
- Light exercise can be resumed at 2 weeks. However, strenuous or contact sports must be delayed for 6 weeks. Strenuous activity/heavy lifting of objects greater than 10 pounds should be avoided for 2 weeks. Resumption of activities depends largely on how you feel, how quickly your swelling subsides, whether the activity is likely to increase your swelling or jeopardize the results of your surgery.
- You may have nasal splints sewn to the nasal septum (internal) and/or nasal ala (external), Do NOT attempt to remove these. Dr. Rosenberger will remove and splints and sutures in clinic
- Follow up with Dr. Rosenberger the day following surgery unless instructed otherwise

GENERAL INFORMATION

- Tearing often occurs after surgery. The tearing will stop as the swelling goes down.
- All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and the use of sunscreen with SPF 30 or greater should be used for at least the first year.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
- If you develop fever (oral temperature greater than 101,) redness or increased pain at the surgical incision, please call us immediately.

Dr Eric Rosenberger can be reached by calling the office during regular business hours at 512-717-9475. In case of after hours, text or call Dr. Rosenberger at 512-694-0382

All of us at Facial Focus Cosmetic Surgery are committed to you having a safe and wonderful outcome from your surgery!