

Orlando Plastic Surgery Center, LLC

Instructions for Rhinoplasty Patients

Be sure to read these instructions carefully before your surgery, and follow them closely.

BEFORE SURGERY

Stop taking the following medications as soon as possible before surgery (preferably two weeks) and do not use them for two weeks after:

Aspirin & ibuprofen products

- Bayer
- Aleve (Naproxyn)
- Excedrin
- Motrin
- Anacin
- Advil
- St. Joseph's

If you are taking a prescription drug which contains aspirin, please ask the prescribing physician if there is a suitable alternative.

Blood thinners such as Coumadin (warfarin)

Anti-Inflammatory drugs such as:

- Celebrex
- Naproxyn
- Voltaren
- Relafen

Supplements:

- Ephedrine
- Melatonin
- Ginseng
- Ginkgo Biloba
- Fish Oil
- Garlic
- Kavakava
- Vitamin C
- Ginger
- Echinacea
- Vitamin E
- St. John's Wort
- Herbal Tea

Please contact our office if you have any questions about your medications.

If you smoke, please stop one month before surgery and refrain from smoking one month after surgery to reduce the risk of complications. Smoking interferes with healing. Surgery cannot be performed unless you stop smoking.

Have all of your prescriptions filled before surgery. Dr. Pope typically prescribes:

Keflex (Ceflexin)	Three times a day for seven days	Antibiotic
Hydrocodone/Acetaminophen	Every four to six hours, as needed	Pain control

In addition, we recommend that you have Colace, an over-the-counter drug used for constipation, available in case it's needed.

Colace should be taken twice a day for seven days, and you may want to begin taking it the day before surgery.

ON THE DAY/EVENING BEFORE SURGERY

Do NOT eat or drink after midnight the day before your surgery (unless otherwise instructed.)

This includes water, candy, mints and gum.

Arrange for a responsible adult age 18 or older to pick you up, take you home and remain with

you for the first 24 hours. For your safety, your surgery may be canceled if these arrangements are not made.

Shower the night before and the morning of surgery with antibiotic soap (Dial, for example).

ON THE DAY OF SURGERY

Leave all valuables at home (money, credit cards, jewelry, etc.)

Remove all make-up and nail polish.

Do not use body lotions, perfumes or deodorant.

If you wear dentures, glasses or contact lenses, you may need to remove them before surgery.

Please bring the necessary items to store them.

Wear loose, comfortable clothing and low-heeled shoes.

AFTER SURGERY

Return home and remain in bed for 24 hours. Have someone assist you to the bathroom during this time. An adult must remain with you for the first 24 hours after you are discharged from OASIS.

Rest in bed, sleeping on two pillows for the first week to minimize swelling. No excessive walking or exertion.

A soft diet, requiring little or no chewing, is advised for the first several days.

Take the prescribed pain medication as needed. Do not take pain medication on an empty stomach. Do not drive or drink alcohol while on medication.

Dr. Pope will examine you a week after surgery, but is always available if you have any questions.

If you live outside Orlando, please make arrangements to stay within a two-hour drive of our office for the first week after surgery. Complications can occur within the first few weeks of your recovery.

You have been provided with an incentive spirometer (IS) device that you should use 10 times an hour while awake. This helps expand your lungs after surgery and prevent pneumonia.

DO NOT SMOKE for at least four weeks following surgery. Nicotine causes constriction of the tiny blood vessels in your skin, and smoking soon after surgery can cause significant delay in wound healing and even skin scabbing or skin loss.

Avoid the use of aspirin or products that contain aspirin for two weeks. Aspirin thins the blood and can lead to bleeding under facial skin.

You may experience nosebleeds for the first 12 hours, but this should be mild. Change your drip pad under your nose as needed.

The swelling and bruising around your eyes may worsen on the second or third day.

A stuffy nose can be expected for three to four weeks after surgery.

DO NOT BLOW YOUR NOSE for two weeks; it is okay to sniff mucus back and spit it out. Use a saline nose spray such as Ayr or Ocean Mist to keep your nose rinsed out.

You may wash your hair the second day after surgery, but do not bend over a sink to do so; this could cause bleeding. You may wear makeup, providing it does not interfere with your nasal

splint.

If you need to sneeze or cough, do so with your mouth open.

If you continue to bleed, try Afrin Nasal Spray (2 squirts in each nostril). If it persists, call our office to be seen (After hours call our office 407-857-6261, you will be given the phone number to reach an on-call staff member.)

Activities

Contact our office immediately if you develop any sudden pain, swelling or fever.

Do not drive for one week after surgery, or while on pain medication.

Please refrain from all activity during the first week after discharge. During the second week, you may resume walking, and during the fourth week you may resume light activity. After six weeks, you can resume normal activity. Avoid weight lifting or activities in which the nose could be injured (like tennis) for six weeks.

Avoid prolonged exposure to the sun for two months to prevent swelling and scarring. Always use a sunscreen when in the sun.

Appearance

All wounds, whether surgical or accidental, heal by scar tissue formation. While we take great care to make the scars virtually imperceptible, this process takes several months, so please be patient. Scars can be reddened for up to six months, and then they will fade and soften. The scar will extend from near one hipbone to the other, low on the abdomen.

Some bruising is expected after your procedure, but the degree varies from patient to patient. Cold washcloth compresses may be helpful to improve comfort.

What to Expect

Swelling and discoloration are expected. Excessive or uneven swelling, however, should be reported to the office. Pain on one side of the face not relieved by medication should also be reported.

Maximum discomfort will occur the first few days. Pain after surgery is usually mild and easily controlled by the prescription medication you were given, and by ice compresses. If these measures are not effective, please call us.

You may feel tired for several weeks or months, but particularly drowsy in the first few days, due to the expected effects of anesthesia. It is not unusual after surgery to feel weak, have palpitations, break out in cold sweats, or get dizzy. This gradually disappears without medication.

Your body temperature may rise to slightly over 100 degrees after surgery because patients sometimes drink less water than usual. If it persists after drinking liberal amounts of fluids, call us. Please do not try to estimate your temperature; you must use a thermometer.

It is common to feel slightly depressed after surgery. Remember that swelling and discoloration are only temporary. It is best to adopt a positive attitude, occupy yourself with the details of postoperative care, and divert your mind by making plans to resume normal living as soon as possible. Drugs may worsen the depression.

DO NOT:

Injure the operated area; be careful of small children, pets and restless bedmates.

Stoop over, strain, or do anything to make the blood rush to your head for 24 hours after being discharged.

Remove the dressing unless instructed to do so. You should remove the dressing (gauze and tape) before taking a shower.

Compare your progress with other patients; everyone heals differently.

Smoke or drink excessively.

Pick at the operated area if it itches; we'll give you a medication for itching if necessary.

Follow-up care

Dr. Pope will examine you on the night of your surgery, and the following morning to change your dressing. Your next post-op visit will be five to seven days after surgery.

Drains will be removed in the office when the output is less than 30ml for two consecutive days, usually within 10 days.

All sutures are absorbable and do not require removal.

When to call

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects from your medications, such as rash, nausea, headache or vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incision that is difficult to control with light pressure.

If you have any problems or concerns related to your surgery that we haven't discussed or that have not been covered in these instructions, please call or email our office at your convenience. We are always here to help.

Acknowledgement

I have received the above instructions; I understand them and agree to follow them.
