

Please read these instructions both **before** and **after** surgery. Following these instructions carefully will help you obtain the best possible result from your surgery. If you have questions, do not hesitate to call us at any time.

# Rhinoplasty

## Pre-operative instructions:

Two weeks before surgery

- Discontinue all herbal supplements
- Discontinue aspirin and ibuprofen
- Discontinue vitamin E supplements
- Avoid all alcoholic beverages

One day before surgery

- Do not eat or drink anything after midnight

Morning of surgery

- You may take certain medications with a small sip of water. The surgery preop clinic will tell you which medications are permitted

## Post-operative instructions:

Until further notice

- Do not blow your nose
- Eat less than 1000 mg of sodium (salt) per day
- Avoid hard foods that require prolonged chewing
- Avoid aspirin or ibuprofen
- Avoid exertion, including athletic activities, bending over, heavy lifting and straining
- Elevate your head at all times. At night, sleep with your head in an upright position
- Brush teeth gently with a soft toothbrush
- Avoid sun exposure

For one week

- **Do not disturb the cast or allow it to get wet**
- You may wash your hair as long as you do not get the nasal dressing wet
- Wear the nasal mustache dressing as needed to catch any bloody nasal drainage
- Avoid excessive facial movements
- Wear clothing that fastens in the front or back

Evening of surgery

- You will be congested because of the swelling in your nose
- Change the dressing under your nose as needed
- Drink at least one liter of water
- Take Tylenol for pain. If that is ineffective, take your prescribed pain medication

One day after surgery

- Gently clean your nostrils with a cotton swab and dilute peroxide twice daily
- Apply plain Vaseline ointment to your sutures three times per day
- You may wear glasses while the cast is on

One week after surgery

- You will return to the office for cast and suture removal
- Your nose will be swollen and may be congested. This is normal
- You may wear contact lenses. Ask Dr. Lamperti before you resume wearing your glasses

If you have any problems after you leave the hospital, please call the office at 206.505.1300