

PLASTIC SURGERY CENTER OF ST. JOSEPH
MICHAEL DE PRIEST, M.D.

**RHINOPLASTY (NOSE SURGERY)
PATIENT INSTRUCTIONS**

1. Do not take any medication containing aspirin for two weeks before the surgery. If you are not sure whether a medication contains aspirin, look at the "active ingredients" on the label. If "acetylsalicylic acid" is listed, the product contains aspirin. If you have any questions, ask your pharmacist. If you take any type of blood thinner, we will ask you to stop it a few days before your surgery.
2. Please arrange for a friend or family member to take you to and from the facility. Someone should stay with you for the first 24 hours after surgery.
3. You may need lab work before the surgery. The nurses will arrange this a few days before surgery. You may have your lab work done at Eastridge Medical Lab in the medical office area off Sherman Avenue (233-9313) or at Heartland Pre-Admission Testing in the Plaza I building.
4. Do not eat or drink anything after midnight the night before your surgery. If you take medication for high blood pressure or any cardiac drugs, you should take these with a sip of water.
5. The doctor will take preoperative photos.

THE DAY OF SURGERY

1. Do not bring jewelry or any other valuables with you.
2. Do not apply any make-up.
3. Take a shower and wash your hair as normal.
4. After you arrive at the facility, we will start an IV and give medication to relax you before surgery.
5. We will take you into the operating room where we will

put you to sleep rapidly.

6. After the operation, you will go to Recovery. We will watch you closely until you are ready for discharge home.
7. You will have a piece of Telfa in each nostril and a small pad under your nose to catch any drainage. You will probably also have a splint or cast over the top of the nose.
8. When you are alert and everything is going well, we will let you get dressed and go home. We will call in prescriptions for pain medication if you did not get a prescription earlier.

INSTRUCTIONS FOR HOME

1. Go to bed as soon as you arrive home and rest in bed until the sedation wears off. Apply continuous cold compresses to your eyes. This is important for the first 48 hours. Sitting and sleeping in a recliner or using several pillows for one week may help decrease swelling.
2. Once you are out of bed, do not bend over. Avoid all strenuous activities. Do not try to blow your nose and avoid sneezing. If unable to avoid sneezing, sneeze with your mouth open.
3. You may eat soft foods and drink liquid after surgery. Do not drink alcohol while taking your pain medication. Do not take your pain medication on an empty stomach because this may make you sick.
4. To relieve dryness in your mouth, you may suck ice or hard candy. Apply Vaseline to your lips frequently.
5. Wash the areas of your face not covered by bandages with a mild soap.
6. Change the gauze drip pad under your nose when it becomes moist or stained. The drainage will be quite red at first, but it gradually will become pink.

7. We will give you an office appointment for 5 or 6 days later. Your progress will determine the frequency of your follow-up visits. There is no charge for follow-up visits for at least the first 3 months.
8. Some swelling and bruising of the nose and around the eyes is normal, and you should expect this. Most of the swelling and discoloration will disappear in the first week to ten days. Some swelling, especially at the tip of your nose may be present for several months.
9. **Please report any adverse reactions to medications or unusual symptoms to the surgeon or nurse at 816-364-6446.**

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