

PREPARATIONS FOR NASAL SURGERY

Date: **Arrival Time:**

FOUR WEEKS BEFORE YOUR SURGERY:

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. **Aspirin-containing products or Ibuprofen should not be taken 2 weeks before or after your surgery.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery. Most herbal and homeopathic medications interfere with anesthesia, cause bleeding, and inhibit wound healing.

Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery (this includes use of smokeless tobacco products, and nicotine patches or gum).

THE EVENING BEFORE YOUR SURGERY:

Take a shower, shampoo your hair and wash your face. Do not use conditioner or hair spray after shampooing.

Make some jello and/or soup for after surgery.

Get a good night's rest.

Do not eat or drink anything after midnight.

THE MORNING OF YOUR SURGERY:

If you are taking medications, please discuss these with Dr. Kenkel. Some medications may need to be held the morning of your surgery.

Do not eat or drink anything if your surgery is scheduled before noon. If your surgery is scheduled after noon, you may have coffee or tea and dry toast no later than 6 hours before your scheduled surgery time.

Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry or cash. Wear loose comfortable clothing, preferably a button or zip up top (do not wear a top that has to be slipped on over your head), loose pants, and comfortable, slip-on shoes.

Please be sure someone can drive you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. You will not be allowed to drive yourself home.

AT HOME AFTER YOUR SURGERY:

After surgery it is best for you to go to bed with your head elevated on 2 pillows.

In most cases, you will experience the feeling of congestion after your surgery. This may last 1-2 weeks after the surgery.

Apply ice bags or swiss eye therapy to your eyes as much as possible during the day for the first 48 – 72 hours as this will decrease the amount of swelling you will have after surgery. Do not put pressure on the nasal cast.

Do not be alarmed if you continue to swell after the first 24 hours. **Swelling reaches its peak at 48-72 hours.**

If you have pain, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medicine should not be taken together.

A light diet is best for the day of surgery. Begin taking liquids slowly. You can start a soft regular diet the next day. For 2 weeks avoid foods that require excess lip movement, i.e., apples, corn on the cob, etc.

You will probably have a bloody nasal discharge for 2-4 days so change the drip pad under your nose as often as needed. Do not rub or blot your nose as this will tend to irritate it. You may discard the drip pad and remove the tape on your cheeks when the discharge has stopped.

To prevent bleeding, do not sniff or blow your nose for the first two weeks after surgery. Try not to sneeze, but if you do, sneeze through your mouth.

While the nasal splint is on, you may have your hair washed beauty salon fashion. Take care to prevent the cast from getting wet.

Keep the inside edges of your nostrils and any stitches clean by using a Q-tip saturated with hydrogen peroxide.. This will help prevent crusts from forming. You may advance the Q-tip into the nose as far as the cotton on the Q-tip, but no further. There is nothing you can do to hurt anything inside your nose as long as you are gentle in your actions.

POSTOPERATIVE INSTRUCTIONS

Call my office immediately if:

1. You have a sudden onset of pain, fever, or redness.
2. You are concerned about anything.

Be particularly alert for fever (oral temperature greater than 101°), excessive pain at the surgical incisions, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat, or rapid breathing rate.

GENERAL INFORMATION

Strenuous activities and exercise are to be avoided for at least two weeks after your surgery. You may gradually resume normal activities after 48 hours being careful to avoid any activity that causes pain or discomfort. After two weeks you should slowly increase your activities so they are back to normal by the end of the third week.

Be careful to avoid hitting your nose for 8 weeks after surgery.

After the cast is removed, do not allow glasses or anything else to rest on your nose for 8 weeks. Glasses should be taped to the forehead (we will show you how). Contacts can be worn as soon as the swelling has decreased enough for them to be inserted.

The skin of your nose is sensitive to the sunlight after surgery. Protect your nose from excessive exposure to the sun for 8 weeks. Wear wide-brimmed hats and/or sun screen (SPF-20 or greater) if you have to be in the sun for prolonged periods.

The cast will be removed 5-7 days after the surgery.

After the cast is removed, the nose can be washed gently with a bland soap and makeup can be applied. Moisturizing creams can be used if the nose is dry.

The tip of the nose sometimes feels numb after rhinoplasty and occasionally the front teeth will feel "funny". These feelings will gradually disappear.

A lot of the swelling will be gone by two weeks after surgery. It will usually take about a year for the last 10% of the swelling to disappear. Your nose may feel stiff when you smile, and not as flexible as before the surgery. This is not noticeable to others and things will gradually return to normal.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF-20 or greater for at least 6 months.

Please take all medications carefully and as directed. Please follow all instructions which may accompany the medications, such as taking it with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.

If you develop a fever (oral temperature greater than 101⁰), redness or increased pain at the surgical incisions, please call us immediately.

Remember to follow any special instructions, which have been given to you and call our office if you have any questions.

**OUR TELEPHONE NUMBER IS (214) 645-2353
(answered 24 hours a day)**