



Sean Alemi M.D., F.A.C.S
Rhinoplasty;

Post-Operative Instructions

We are honored that you've chosen Dr. Alemi to be your surgeon. Below, you will find our pre and post-operative instructions. Please read them carefully to familiarize yourself with our protocols. Please reach out with any questions or concerns! We look forward to taking care of you.

Please purchase the following items in advance:

- Saline Nasal Spray
- Hydrogen peroxide
- Q-Tips
- Bacitracin antibiotic ointment
- Cetaphil skin cleanser
- Arnica & Bromelain supplements (recommended)

The following medications will be prescribed to you:

- Antibiotics
- Pain Medication
- Anti-inflammatory medication
- Anti-nausea medication

PREPARING FOR YOUR SURGERY

4 weeks prior

- Obtain medical clearance for your upcoming procedure. This will include some basic blood work, an EKG and possibly a chest X-Ray
- Stop using all nicotine products (including smoking, vaping or smokeless)
- Try and limit sun exposure

2 weeks prior

- Do not take ibuprofen or Aspirin products, such as Advil, Motrin, Aleve, Aspirin, Excedrin, Midol. Tylenol is OK to use as needed.
- Do not drink alcohol as it can increase bruising and swelling
- Weight loss medications such as Ozempic, Wegovy etc must be stopped
- All fees are due in full. Payment can be made by bank wire, cash, credit card or by certified bank check made out to "Alemi Facial Plastic Surgery"

3 days prior

- Start taking Arnica & Bromelain supplements

THE MORNING OF SURGERY

- Wash your face with Cetaphil cleanser
- If instructed to do so, take your prescription medicines with a sip of water (your pre-op RN and/or anesthesiologist will review this with you)
- Please ensure all makeup is completely removed
- Do not wear make-up or moisturizer on your face
- Wear loose, comfortable clothing that opens in the front and comfortable shoes.
- Do not wear contact lenses
- Do not wear jewelry – this includes nose rings and earrings
- Leave all valuables at home
- Please make arrangements for a responsible adult to pick you up from our center at the designated time and stay with you throughout the night.
- If you are staying overnight in our facility with a private nurse, please make arrangements for a pickup from our office the following morning at the designated time.

POST OPERATIVE INSTRUCTIONS

- You will leave our center with a splint on the outside of your nose and a drip pad taped to the cheeks of your face.
- The drip pad will catch drainage overnight and can be replaced as needed. You may remove the drip pad after 24 hours, or as soon as drainage has stopped.
- Once you have removed the drip pad, please begin cleaning the incisions twice daily using Q-Tips soaked in hydrogen peroxide to dissolve any blood at the base of the nose
- The nasal splint must remain in place for approximately one week. You may shower during the week, but please keep your splint dry.
- You will be seen on post-operative days 5 (suture removal) and 7 (splint removal)
- Take two Tylenol (1000mg) every six hours as needed for discomfort, or use the prescription pain medication for discomfort not controlled by the Tylenol. The prescribed pain meds are effective for pain; however they can also cause nausea and constipation.
- Colace (an over the counter stool softener) may be used to help alleviate constipation related to the pain medication.
- Take the antibiotics as directed until all of the medication is gone
- You may be prescribed additional medications to treat swelling during the first week after surgery. Please take these medications as directed.
- You may resume driving after two or three days, if you feel comfortable and alert.
- You may not drive if you are taking narcotic pain medicines.

Resuming Exercise

- You may start leisurely walking after 1 week
- Light, low impact cardio (jog, stationary bike, elliptical) after 2 weeks

- Light resistance training after 4 weeks
- Resume full intensity workouts including contact sports 6 weeks

Patients traveling for surgery will be allowed to return home after 7 days

CALL OUR OFFICE IF

- You experience sudden swelling on one side of the face, associated with intense pain.
- The affected side of the face becomes very firm and swollen compared to the opposite side.
- You have signs of infection including increasing redness, pain, foul odor or oozing from an incision.

Patient _____ Date _____

Witness _____ Date _____

Alemi Facial Plastic Surgery
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