



Carmel Valley Facial Plastic Surgery

Rhinoplasty Instructions

Shopping List:

What we provide

- Antibacterial wash
- Saline Spray
- 4x4 gauze dressing sponges

Patient to Purchase at the store

- Hydrogen peroxide
- Q- tips

Optional items you can purchase here or the store

- Arnica and Recommended supplements

To pick up from the pharmacy

- Antibiotics, Pain Medication, and Ativan

PREPARING FOR YOUR SURGERY

- ****Two weeks before and one week after surgery:** Do not take ibuprofen or Aspirin products, which include but are not limited to (Advil, Motrin, Aleve, Aspirin, Excedrin, Midol, etc.) Tylenol may be used at anytime. ******
- ****Do not smoke two weeks before surgery and two weeks after surgery.** Even one puff can cause constriction of the blood vessels and irreversibly effect the healing process.
****Do not drink alcoholic beverages for two weeks before and two weeks after surgery.****
- ****Make arrangements for someone to take you to the surgery center and to also pick you up after your surgery.** This person must be a responsible adult who will be taking care of you for the next 24 hours at home. Plan to stay home and rest for three to five days. ******

THE DAY BEFORE SURGERY

- Wash your face with the antibacterial wash- it will possibly sting the skin so avoid the eyes!!
- ****Start Antibiotics, take as directed.**
- Start your first dose of Arnica in the evening & continue per pkg directions
- ****Have nothing to eat or drink after midnight****

THE MORNING OF SURGERY

- Wash your face with the antibacterial solution.
- Make sure you have removed all eye makeup. Do not wear make-up of any kind. Do not use moisturizers on your face.
- Wear loose, comfortable clothing that opens in the front. Wear nothing that must be pulled over the head.
- Do not wear any jewelry. Leave valuables at home

- Take any medications after the surgery when you get home, please let Dr. Karam know if you have to take anything specifically the day of the surgery.

AFTER SURGERY

- Before going home you will be given an appointment for your next appointment which will be 1 week after your surgery.
- ****You will leave the surgery center with a splint on the outside of your nose and a drip pad taped to the cheeks of your face.****
- ****The nasal splint will remain in place for approximately one week. Keep it dry. You may wash your face, but remember to keep the splint dry****
- ****The drip pad will catch the drainage for the first 24 hours after the surgery, replace as needed with the extra gauze we have provided. When the drainage has stopped you may remove the drip pad and begin using the hydrogen peroxide and saline spray. ****
- **** After the nasal drainage has stopped, you will use Q-tips soaked in hydrogen peroxide to dissolve any blood at the base of the nose and along any incisions at the base of the nose. Do this 3 to 4 times daily followed by using saline spray. Irrigate each nostril with the saline spray, no sniffing or blowing; let the spray drain out of the nose. Do this 3 to 4 times daily as well.****
- Do not blow your nose for two weeks. Wipe or dab you nose gently with Kleenex if necessary. Sneeze with your mouth open to prevent pressure build-up in your nose.
- Avoid excessive chewing or talking for one week. Foods with salt increase the amount of swelling. Do not drink excessive amounts of water as this will also increase swelling.
- ****Avoid vigorous physical activity for four weeks.****
- Brush teeth gently and avoid excessive motion of the upper lip.
- You may wash your hair after two days, but get help so you can keep the nasal splint dry.
- Bruising takes two to three weeks to resolve.
- Do not let glasses rest on the bridge of your nose for four weeks if your nose was broken during surgery. Contacts may be worn after three days.
- ****Sleep on your back, with your head elevated with two pillows for 7 days****
- Spend the majority of time during the post-op week in the sitting position doing quiet activities: watching t.v. or reading.
- If a fascia graft is used, leave head wrap in place for 24 hours
- If internal splints are in place in the nose, leave them in until Dr. Karam removes them in about one week.
- **Remember to get your nose wet in the shower the morning of your 1 week follow up to loosen the cast. Do not force the cast off but it's okay if it does fall off it on it's own.**
- ****Avoid physical or strenuous activity for at least 1 to 2 week post operatively depending on your healing, we will reevaluate this at your 1 week appointment.****

Patient signature _____ Date _____

Witness _____ Date _____

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