

The Center for Facial Restoration

Richard E. Davis, MD, FACS

Cosmetic and Functional Nasal Surgery · Revision Rhinoplasty · Cosmetic Surgery of the Face

RHINOPLASTY: SURGICAL TIMELINE AND PATIENT INSTRUCTIONS

Two Weeks Before Surgery

- Use only acetaminophen (Tylenol) or prescription medication approved by Dr. Davis for pain relief
- Discontinue all medications which inhibit clotting (platelet inhibitors)
 - Aspirin products (brand names include Bayer, Bufferin, Alka Seltzer, Excedrin and Ecotrin)
 - Non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen (brand names include Advil, Motrin, Aleve, Nuprin and Naprosyn)
 - Cold, flu, allergy, sinus, arthritis, pre-menstrual and all other over-the-counter medications that contain aspirin or NSAIDs
 - Prescription pain medications that contain aspirin or NSAIDs
- Discontinue all herbal supplements, herbal teas and certain dietary supplements
 - Ginkgo biloba, St. Johns wort, ginseng, kava, valerian, echinacea, ephedra and other herbs
 - High dose vitamin E
 - Omega 3 fish oil
 - Garlic
 - Ginger
- Inform Dr. Davis of all prescription medications you are taking
- Avoid all forms of nicotine
- Avoid sun exposure and facial sunburn
- Avoid excessive alcohol consumption
- Get plenty of sleep
- Eat a balanced diet rich in fresh fruits and vegetables
- Discontinue nasal skin exfoliation, such as facial scrubs, Retin-A, microdermabrasion and acid peels
- If you suffer from nasal allergies, continue treatment until the day of surgery

One Week Before Surgery

- Fill all prescription medications and purchase necessary supplies, such as saline nasal spray, antibiotic ointment and ice packs
- To reduce swelling, prepare your bed with extra pillows or other support so that your head will always be elevated above the level of your heart while resting; if you have access to one, a reclining chair is ideal
- Stock up on easy to prepare foods, healthy snacks and plenty of liquids
- If possible, arrange for someone to assist you for at least 24 hours after you return from the hospital

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24 Hours Before Surgery

- Confirm your time of surgery with our office
- Shampoo your hair
- Relax and eat well, but avoid excessively rich, fatty or salty foods
- Do not consume any alcohol
- **Do not eat or drink anything after midnight**

On the Morning of Surgery

- Take all prescription medications authorized by Dr. Davis, such as thyroid hormone, blood pressure medication or birth control pills, with a small sip of water
- **Absolutely no eating or drinking at least 8 hours prior to surgery**
- Take only essential items to the hospital; do not bring jewelry or other valuables
- Remove contact lenses; wear eyeglasses if necessary, and bring a case to protect them
- Wear flat shoes and loose-fitting, comfortable clothing that zips in the front, such as a warm-up suit; avoid any clothing that must be pulled over your head; do not bring expensive clothing, as it may get stained with ointment or fluids
- Do not wear makeup

In the Holding Area

- After the IV is inserted and the consent form is validated, you will be given a sedative to help you relax
- Pre-operative reference markings may be drawn on your face
- You will have one final (brief) opportunity to speak with your surgeon

In the Operating Room

- You will be wheeled into the OR awake, but mildly sedated and relaxed
- You will be covered and kept warm
- After the safety monitors are connected, you will go off to sleep using IV medication
- Narcotic administration will be minimized or avoided to reduce post-operative nausea or vomiting
- You will remain unconscious and comfortable until after the surgery is complete
- You will be transported to the recovery room while still very drowsy

In the Recovery Room

- You will awaken with a dry throat from the anesthesia
- Your nose will be packed, requiring you to breathe through your mouth
- Vomiting often occurs if liquids are consumed in the first hour, so liquids will be restricted at first

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- Your head will be kept elevated to reduce swelling
- Ice packs will be placed over the eyes to prevent swelling and bruising
- You will be permitted to see loved ones within a few minutes of your arrival

In the Hospital on the Day of Surgery

- You will be transferred to a private room
- A fold-out bed is available in your room for a friend or family member
- Your diet will be restricted to clear liquids for the remainder of the day
- You will receive IV antibiotics overnight
- Your head will be kept elevated to reduce swelling
- Ice packs will be renewed hourly throughout the night
- Non-narcotic pain medication will be given periodically
- Narcotic pain relievers will be avoided if possible to prevent vomiting
- Nausea medication is available upon request

Prior to Discharge on the Morning After Surgery

- Nasal packing is removed and saline nasal irrigations are begun
- You will be discharged with the external nasal bandage in place
- You will be given a regular breakfast
- Your IV will be removed and you will be signed out around 9:00 AM
- You may return home or to your hotel

During the Week Following Surgery

- Keep your nasal bandage dry at all times, especially while bathing; do not take long, steamy showers or let the water spray directly on your nose
- Keep your head elevated above the level of your heart as much as possible, even while sleeping
- Avoid nose-blowing; instead, use lots of saline (salt water) nose spray to keep the nasal passages clean
- Do not use other nasal sprays or drops unless instructed to do so by Dr. Davis
- Avoid over-the-counter medications that contain aspirin or NSAIDs (see above) since they increase the risk of bleeding
- Stay quiet and avoid exercise, bending over, lifting heavy objects or other strenuous activity
- Avoid hitting or bumping your nose; keep your face away from small children and pets, and consider sleeping alone
- Avoid straining when using the toilet; take a stool softener or laxative if needed to relieve constipation
- Protect your nose from the sun with sunblock (SPF 15 or higher)

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- Avoid excessive heat exposure, which can cause swelling
- Use lots of ice packs, especially if your face is swollen or bruised
- Finish your oral antibiotics (as tolerated)

During the Month Following Surgery

- Do not rest eyeglasses or sunglasses on the bridge of your nose once your splint is removed; instead, wear contact lenses or suspend your glasses by taping the bridge of your glasses to your forehead
- Once the splint is removed, you may temporarily experience clogged pores, blemishes or peeling in the area where the adhesive touched the skin; keep the skin clean but avoid using harsh cleansers or acne treatments that can cause further irritation
- Continue to avoid exercise or strenuous activity until Dr. Davis tells you it is safe to do so
- Continue to avoid sun exposure, and always wear sunblock on your nose when you must be outdoors
- Continue to keep your head elevated while resting or sleeping as needed for residual swelling