

Laurence A. Kirwan, FRCS, Plastic Surgeon

Instructions For Nose Surgery

1. **DO NOT TAKE ANY ASPIRIN PRODUCTS for 3 weeks prior to or after surgery.** Aspirin thins the blood, causing you to bleed and bruise more. Take Tylenol or Paracetamol.
2. **Do not SMOKE; drink alcohol or caffeine for three weeks, before or after surgery.** Some medications may interfere with anesthesia and cause undesirable side effects that affect your surgery. Please read over the enclosed medication information list and let us know if you take any of them. Tylenol (Paracetamol) is a good medicine to take for any aches and pains you may have prior to surgery.
3. Wear a button-down top to the office on the day of surgery. Wear sweat pants, sneakers, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear make-up, jewelry or panty-hose. Dress in comfortable clothes.
4. Fill the prescriptions that we give you before surgery. In the UK, you may be dispensed medications for discharge by the Hospital Pharmacy.
5. A responsible adult should be with you for the first 24 hours after surgery. If you are having outpatient surgery, arrangements should be made to take you to and from the hospital or office. You cannot drive yourself home unless the procedure is being done under local anaesthesia only.
6. Please have your EKG /ECG and blood tests (if ordered) done at least 10 days before surgery. Please ensure that you have a physical examination performed by your GP or private physician before surgery.
7. Wash your face the night before surgery with an antibacterial soap. Make certain you have something such as small zip-lock plastic bags to fill with frozen peas or corn for your eyes and cheeks after surgery.
8. You may wish to place two thick telephone books under the head of your mattress or place two bricks under each leg of the headboard in preparation for after surgery.
9. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication which we instruct you to take with a sip of water the morning of surgery.**
10. Make some Jell-O (jelly) and/or soup for after surgery. Get a good night's rest.
11. On the morning of surgery, wash your face and shampoo and shower with an antibacterial soap. Ladies: do not put on any facial makeup or lipstick after washing.
12. Do not wear wigs, hairpins, hairpieces or jewelry. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for your trip home.

AT HOME AFTER SURGERY:

1. It is important for you to elevate your head on at least 2 pillows to help keep swelling to a minimum (see above). Applying cold packs (frozen peas in zip lock baggies) to the eyes for the first 48 hours as this will decrease the amount of swelling and bruising you will get after surgery. Do not get the splint wet or put pressure on it.
2. **Do not put your head below your heart. Do not do any strenuous activity. Do not strain during a bowel motion. Do not take pain medication on an empty stomach since it may cause vomiting. All of these factors will raise your blood pressure and cause bleeding which may require emergency surgery.**
3. If you have pain, take the pain medication every 3-4 hours as needed. If you have no pain, do not take the medication. It is best to take pain medication with crackers, Jell-O, etc.
4. A liquid 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.
5. You will probably have a bloody nasal discharge for about 2 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.
6. To prevent postoperative bleeding, do not sniff or blow your nose for the first two weeks after surgery. Try not to sneeze, but if you do, sneeze with an open mouth.

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7. While the nasal splint is on, you may have your hair washed 'beauty-salon' fashion. Take care to prevent the dressing from getting wet. You may clean the edges of your nostrils to remove crusts with a Q-tip dipped in half and half hydrogen peroxide and saline. You may advance the Q-tip into your nose as high as the cotton on the Q-tip, but no further. Use Bacitracin or Bactroban (USA) or Chloramphenicol or Fucidin or Vaseline (UK) ointment on the Q tip to keep the inside of the nostril moist. Use Saline Spray (Sterimar Saline Sea Water Nasal Spray 100ml) (UK) or Ocean Spray (USA) in each nostril to help drainage of secretions. There is nothing you can do to hurt anything inside your nose as long as you are gentle in your actions.
9. If you experience excess pain, a rise in temperature above 100 degrees, or an injury to your nose, call the office immediately.

OTHER POST-OPERATIVE INSTRUCTIONS:

1. Strenuous activity, i.e., aerobics, heavy lifting, bending over, etc. Should be restricted for 2 weeks after surgery. After two weeks you should slowly increase your activities so they are back to normal by the end of the fourth week.
2. Be careful to avoid a blow to your nose for at least 8 weeks after surgery.
3. The skin of your nose is sensitive to sunlight after surgery. Protect your nose from excess exposure to the sun for 8 weeks. Wear wide brim hats and/or sun screen (SPF-15 or greater) if you have to be in the sun for prolonged periods.
4. The nose will usually be more swollen in the morning and application of ice will help to reduce the swelling.

GENERAL INFORMATION:

1. The nasal splint will be removed approximately 5 /7 days after surgery. At that time, the nose may appear swollen. Especially the tip. The swelling will subside over the next few weeks and months as the nose begins to approximate its eventual shape. However, it usually takes upwards of one to two years to see the final result. This will not be noticed and will not detract from the appearance of the nose.
2. The inside of the nose will also be swollen. This may result in difficulty breathing which will progressively improve with time.
3. After the nasal splint 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.
4. The tip of the nose will usually feel numb after rhinoplasty, and occasionally, the front teeth will feel "funny". The upper lip may feel stiff and you may find it difficult to smile easily. This is normal and will improve with time.
5. It is a good idea to avoid prolonged looking in mirrors immediately after surgery. No matter how thoroughly we discussed the operation beforehand you will see something you didn't expect, e.g. more swelling, more discoloration, more sutures, a larger bandage, etc. This will only tend to worry you. We will see you frequently in the office after surgery and will inform you about your progress.
6. Alcoholic beverages are discouraged during the first 3 weeks after surgery.
7. If you should have any questions, please call the office at 020 7637 4455 (UK) or 203838 8844 (USA, Connecticut) / 212 838 8844 (USA, New York).