



KAISER COSMETIC SERVICES

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Patient Instructions Following Nasal Plastic Surgery

Please read and familiarize yourself with these instructions before and after surgery. By following them carefully you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with me and discuss your questions at any time. Take this list to the hospital with you and begin observing these directions on the day of surgery.

Before Surgery:

1. Arrange for transportation to and from the office or Surgery Center and for a responsible adult to stay with you for several hours following surgery.
2. **TWO weeks before surgery**, discontinue all Aspirin and aspirin-like products (Aspirin, Bufferin, Anacin, Motrin, Advil, Aleve, Clinoril, Feldene, Meclomen, Naprosyn). You may take Tylenol, Datril, Panadol, or Anacin III as needed.
3. Please purchase a bottle of nasal saline for use after surgery.

Day of Surgery:

1. Please do not eat or drink anything after midnight except as noted below.
2. You may take your usual morning medications with a sip of water.
3. Please shower the morning of surgery; remove contact lenses and all makeup, including eyeliner and lipstick, while at home.
4. Wear comfortable clothing.

After the Surgery:

1. Do not blow your nose for 2 weeks. Wipe or dab your nose with a tissue, if necessary. Gentle sniffing, if necessary, is acceptable. If you must sneeze, please do so with your mouth open.
2. A small amount of bleeding or nasal discharge will occur from your nose during the first few days following your operation. Change the dressing under your nose (if present) as necessary.
3. The nasal cast will remain in place for approximately 1 week and will be removed in the office. Do not disturb it; keep it dry.

4. If there is an external incision, please clean it gently using a Qtip and lukewarm water two times daily for seven days. Apply the prescribed ointment to the suture line after each cleaning.
5. Avoid foods that require prolonged chewing. Otherwise your diet has no restrictions. If nasal packing is in place, you may not be able to smell and meals may seem tasteless.
6. Avoid extreme physical activity. Obtain more rest than you usually get and avoid exertion, including athletic activities and intercourse. Avoid bending, lifting or straining.
7. Brush teeth gently. Avoid manipulation of the upper lip to keep nose at rest.
8. You may wash your face. Carefully avoid the nasal dressing. Shower or **bathe** from the neck down. Do not wash hair for one week unless you have someone do it for you. **DO NOT GET NASAL DRESSINGS WET.**
9. Wear clothing that fastens in front or back for one week. Avoid slipover sweaters, turtle necks, T-shirts etc.
10. Absolutely avoid sun exposure or sun lamps for 6 weeks after surgery. As always, wear your sunscreen. (at least SPF 15)
11. Do not swim for one month. Nasal injuries are common while swimming. By all means protect your nose for at least 6 weeks in all activities. Contact sports such as basketball, soccer, volleyball, football and wrestling are prohibited for 6 months following surgery.
12. Don't be concerned if, following removal of dressing, the nose, eyes, and upper lip show some signs of swelling and discoloration. These changes usually clear in 2-3 weeks. In certain patients it may require as long as 6 months for all swelling to completely subside.
13. You may resume your usual medications as prescribed by your doctor(s). Do not use aspirin or aspirin like compounds which may cause bleeding for 1 week before and 1 week after your surgery. Avoid all herbal medications for 1 week before and 1 week after surgery.
14. Your doctor has given you a pain medication to be used as directed. Do not drink alcoholic beverages or drive any vehicle after taking a narcotic. You may actually find that after the first 48 hours following your operation, Tylenol controls your discomfort well.
15. Do not wear Glasses (prescription, sun or otherwise) that rest on the bridge of your nose for at least 4 weeks. We will instruct you in the method of taping the glasses to your forehead to avoid pressure on the nose. Contact lenses may be worn within 2-3 days after surgery.
16. After the doctor removes your nasal cast, the skin of the nose may be cleansed gently with a mild soap or Vaseline intensive care lotion. Be gentle. Make-up may be used as soon as bandages are removed.
17. **DON'T TAKE CHANCES!** Call your doctor at **973-6100** with any questions or concerns.