CHRYSALIS COSMETICS

# Patient Instructions for Rhinoplasty

**Pre-operative:**

1. Arrange transportation for morning of surgery and have someone with you 24 hours after procedure.
2. Two weeks prior to surgery discontinue all use of all Aspirin or Aspirin-like products including but not limited to Motrin, Advil, Aleve, Naprosyn, Herbal Supplements, Fish Oils, etc. Tylenol is okay.
3. Purchase Saline nasal spray (OTC) prior to surgery to be used after.
4. Wear something comfortable day of surgery, something that preferably buttons or zips up the front for a top and shoes easy to put on.
5. Shower the morning of surgery.
6. Remove contact lenses, any lotions on the skin, all make-up, jewelry (including body piercings) prior to coming in.
7. Do NOT eat or drink anything after midnight the night before, unless otherwise advised by Dr. Perry or Anesthesia provider.

**Day One Post-operative:**

1. Keep your head elevated for three days following surgery to keep swelling down.
2. You may experience a small amount of bleeding or nasal discharge for a few days after surgery.
3. Do NOT blow your nose for two weeks.
4. Use the saline nasal spray daily, at least twice a day.
5. Take your prescribed medications as directed to remain comfortable.
6. Drink Plenty of fluids and avoid alcohol and caffeine.
7. Avoid foods that require a lot of chewing.
8. Avoid bending, lifting, and straining for at least one week. Stay in bed and relax.

**Day Two Post-operative:**

1. Keep your nasal splint undisturbed and dry. This will be removed by Dr. Perry at one week appointment.
2. Brush your teeth gently, using your finger or washcloth to help avoid manipulation of your upper lip.
3. If advised, for external incisions, apply Bacitracin to incisions with clean Q-tips twice a day. You may clean the base of your nose, or around nostril rim with a Q-tip and hydrogen peroxide. Do not push your internal nasal splints further back in your nose.
4. Dr. Perry has given pain medications, do not drink alcoholic beverages or operate any vehicle after taking a narcotic. You may find after the first 48 hours Tylenol controls your discomfort well.

Patient Name (Print):_____

Patient Signature: _____ Date: _____

Witness Name (Print):_____

Witness Signature: _____ Date: _____




**Day Three Post-operative:**

1. Do not swim for one month. Protect your nose for at least 6 weeks in all physical activities.
2. Avoid sun exposure or sun lamps for six weeks after surgery. Wear SPF 30 sunscreen.
3. Do NOT wear any sunglasses (prescription, sun, or otherwise) on the bridge of your nose for at least four weeks after surgery.
4. Makeup can be applied as soon as the nasal splint is removed.
5. After your nasal splint is removed by Dr. Perry in the office, you may gently cleanse the skin of your nose with a mild soap. Makeup can be applied as soon as bandages are removed.

Patient Name (Print):_____

Patient Signature: _____ Date: _____

Witness Name (Print):_____

Witness Signature: _____ Date: _____

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