

WESTPORT
FACIAL PLASTIC SURGERY



ElixirSpa 163 Main Street, Westport, Connecticut 06880 203.227.1826 westportfacialplasticsurgery.com

PRE- AND POST- SURGERY INSTRUCTIONS – RHINOPLASTY

Before Surgery:

- Avoid all products that interfere with blood clotting, including aspirin, ibuprofen (Advil) and other NSAIDS, vitamin E, garlic extract, alcohol for 2 weeks before and after surgery
- Avoid all smoking and nicotine products for a month around surgery.
- Tylenol is permitted.
- Take 2000 – 3000 milligrams of vitamin C daily, as tolerated
- Plan to have a responsible adult spend the night with you after surgery
- Obtain hydrogen peroxide and q-tips
- ****Do NOT eat or drink after midnight the night before surgery if having general anesthesia**

Day of Surgery:

- Leave valuables at home
- Remove contact lenses
- Do not wear creams/make-up
- Wear loose, comfortable button-down the front clothing!
- Do not exercise, drink caffeine or wear contact lenses on the day of surgery
- You must have a ride to and from the surgi-center.

After Surgery:

- Clean the incision line and nostril rim at the base of the nose once a day with peroxide
- Some of the stitches will be removed between days 2-5, others between day 6-8
- You may shower on the second postoperative day if you cover your cast with a piece of plastic wrap as a shield
- A humidifier is recommended
- Your cast will be removed in 6-8 days
- Do not wear glasses for 5 weeks after nasal surgery, unless taped to forehead
- Avoid exercise for 2 weeks after surgery
- Keep head elevated on AT LEAST 2-3 pillows at all times
- Apply ointment to nostrils frequently – your nose will feel congested
- Avoid sun exposure to your nose