



Carmel Valley Facial Plastic Surgery

Dr. AMIR M. KARAM **Rhinoplasty Instructions**

SHOPPING LIST:

- **Technicare** antibacterial solution
- **4"X 4"** gauze dressing sponges (several pkgs)
- **SINECCH**
- **Saline Nasal Spray**
- **Hydrogen Peroxide**

PREPARING FOR YOUR SURGERY

- Two weeks before and one week after surgery: Do not take aspirin or ibuprofen products. Tylenol may be used at anytime.
- Make arrangements for someone to pick you up after surgery and stay with you the first night. This is absolutely necessary.

THE NIGHT BEFORE SURGERY

- Start the first dose of Sinecch in the evening & continue per package directions
- Have nothing to eat or drink after midnight

THE MORNING OF SURGERY

- Wash your face with Technicare solution.
- Make sure you have removed all eye makeup. Do not wear make-up of any kind. Do not use moisturizers on your face.
- Wear loose, comfortable clothing that opens in the front. Wear nothing that must be pulled over the head.
- Do not wear any jewelry. Leave valuables at home

AFTER SURGERY

- Before going home you will be given an appointment for your next visit.
- Do not blow your nose for two weeks. Wipe or dab you nose gently with Kleenex if necessary. Sneeze with your mouth open to prevent pressure build-up in your nose.
- Change the dressing under your nose until the drainage stops.
- The nasal splint will remain in place for approximately one week. Keep it dry. You may wash your face, but remember to keep the splint dry.

- Avoid excessive chewing or talking for one week. Foods with salt increase the amount of swelling. Do not drink excessive amounts of water as this will also increase swelling.
- Avoid vigorous physical activity for four weeks.
- Brush teeth gently and avoid excessive motion of the upper lip.
- You may wash your hair after two days, but get help so you can keep the nasal splint dry.
- Bruising takes two to three weeks to resolve.
- Do not let glasses rest on the bridge of your nose for four weeks. Contacts may be worn after three days.
- Sleep on your back, with your head elevated with two pillows for 7 days.
- Spend the majority of time during the post-op week in the sitting position doing quiet activities: watching t.v. or reading.
- If fascial graft is used, leave head wrap in place for 24 hours
- If internal splints are in place in the nose, leave them in until Dr. Karam removes them in about one week.
- Begin irrigating the nose with saline nasal spray (three to four times a day) starting on DAY 1.

Patient signature _____ Date _____

Witness _____ Date _____

Patient Survey Given: _____

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