

Nasal Surgery Instructions

Date of Surgery: _____ **Post-Op Appointment: 1)** _____

Admit Time: _____ **2)** _____

Before the Procedure

- 1) One week before the Procedure, try to limit the intake of white refined sugar.
- 2) Do not take any aspirin, Advil, or Motrin one week prior to surgery. This includes any products that contain these medications. You may use Tylenol.
- 3) No alcoholic beverages for one week prior to surgery.
- 4) Start arnica (over the counter) for five days prior to surgery.
- 5) Wear clothes to the surgery that go easily over the head.
- 6) **Do not Eat or Drink Anything (including water) for eight hours prior to surgery.**

After the Procedure

- 1) Ice, ice, ice!!! As much as possible for the first 48 hours after surgery.
- 2) Use Vaseline or lip balm or lubricate the lips.
- 3) Continue arnica for five days or as long as bruising persists.
- 4) Start antibiotic therapy and continue for five days after the surgery.
- 5) You may switch to Tylenol if your prescription pain medication is no longer needed. Do not take any aspirin, Advil, or Motrin for two weeks after surgery.
- 6) Do not consume alcoholic beverages for one week after surgery.
- 7) No steaming hot foods for ten days after surgery.
- 8) No showers or tub baths for five days after surgery.
- 9) No heavy lifting or physical activity for 10-14 days after surgery.
- 10) No swimming for one month, no diving for two months.
- 11) Avoid Striking or bumping the nose.
- 12) Once the telfa is removed, the tip of the nose can be cleaned with antibacterial ointment and a Q-tip.
- 13) **If you had work done to the bridge of your nose:** Once the cast is removed, you may wash your face with luke warm water and mild soap. Do not rest anything including glasses on the bridge of the nose for 6 weeks. Wear sunscreen one bridge of nose for one year after surgery.
- 14) No blowing your nose from 10-15 days.
- 15) Contact our office with any further questions at (310) 278-3223, If you have an emergency after office hours press option 3.

All Cosmetic fees are due one week prior to the date of surgery, and are not refundable.