



Rhinoplasty

What to expect and how to prepare for your operation

Rhinoplasty is surgery to change the shape of the nose. Many factors affect how your nose looks, so your plastic surgeon will review with you what options are possible. The extent of your surgery will depend on what you wish to change about your nose.

This handout explains what to expect, how to prepare for your operation, and how to plan for your recovery.

How to Prepare for Your Operation

Things to Remember

- Do **not** take any aspirin or other products that affect blood clotting for 1 week before your operation. Two of these are ibuprofen (Advil, Motrin) and naprosyn (Aleve, Naproxen). See attached sheet for more information.
- Do not shave any part of your body that you do not already shave every day. If you normally shave near your surgical site, do **not** shave that area for 2 days (48 hours) before your surgery.

24 Hours Before Your Operation

- **Take 2 showers:** Take 1 shower the night before, and a second shower the morning of your operation. Use the antibacterial soap your nurse gave you to wash your body.

Do **not** use the antibacterial soap on your face and hair. (See directions that came with the soap.) Use your own soap and shampoo on your face and hair. Use clean towels to dry off, and put on clean clothing.
- **Arrival time:** The pre-surgery nurse will call you by 5 p.m. the night before your operation. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not hear from the pre-surgery nurse by 5 p.m., please call 206-598-6334.

The pre-surgery nurse will tell you when to come to the hospital and will remind you:

- Not to eat or drink after a certain time
- Which of your regular medicines to take or not take
- To sip only enough water to swallow your pills
- **Heating blanket:** To reduce your risk of infection, you will be covered with a heating blanket to warm your body while you wait to go into the operating room. Ask for a heating blanket if you do not receive one.

Remember:

Do not take any aspirin or other products that affect blood clotting for 1 week before your operation.

What to Expect After Surgery

Precautions

Medicine given during and after your operation will affect you. For 24 hours after your surgery, do **not**:

- Drive or travel alone
- Use machinery
- Drink alcohol
- Sign any legal papers
- Be responsible for the care of another person

Self-Care to Speed Your Recovery

- Do **not** use Afrin or any other nasal sprays for 3 weeks after your operation.
- After your operation you may have bruising around your eyes. This may last 2 weeks. During this time, you may choose to stay close to home.

The First 48 hours After Your Operation

Swelling

You can place ice packs or bags of frozen peas over your nose to reduce the swelling. This will help only during the first 48 hours. Be sure to wrap a clean towel around the ice pack to protect your skin. Also, keep your head raised above your heart for the first 48 hours.

Incision

You may have an incision below your nose that is closed with stitches. Your stitches will be removed 3 to 5 days after your operation.

Packing

The day after your operation, you will come to the office and have your nasal packing removed. You will be able to breathe easier at first and then the passages will swell again. If internal splints were placed in your nose, these may be removed in 5 to 7 days.

Splint

You may have a splint placed over the bridge of your nose. This will need to stay in place for 7 to 10 days.

Pain Management

Take Extra Strength Tylenol or the pain medicine your doctor prescribed for you.

Questions?

Weekdays from 8 a.m. to 4 p.m., call the Surgical Specialties Nurse Advice Line at 206-598-4549.

After hours and on weekends and holidays, call 206-598-6190 and ask for the resident on call for Plastic Surgery to be paged.

Or, ask for your surgeon to be paged:

Dr. _____

Activity

- Avoid heavy activity. Do not lift anything heavier than a phone book (5 pounds) for 3 weeks after your operation.
- Do not let your head go lower than your waist for 3 weeks after your operation.
- It is OK to walk every day.

Call the Nurse Advice Line or Your Doctor If You Have:

- Bleeding or drainage that soaks your dressing
- A fever higher than 100.5°F (38°C)
- Shaking and chills
- Any sign of infection in your incision:
 - Redness
 - Increasing pain
 - Swelling
 - Foul-smelling drainage
 - A change in the type or amount of drainage
- Nausea and/or vomiting
- Concerns that cannot wait until your follow-up visit

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