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PLASTIC SURGERY OF THE FACE, BREAST AND BODY
CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

THE OFFICES AT MERRICK PARK 4425 PONCE DE LEON BLVD. SUITE 200 CORAL GABLES, FLORIDA 33146 - 305.381.8837 - drbaker.com

RHINOPLASTY - BEFORE AND AFTER INSTRUCTIONS

BEFORE SURGERY

- [If age 50 or over, you need to visit your internist or regular medical doctor for a medical check-up and clearance about two weeks before surgery. Your laboratory testing can be done with your internist as part of your clearance with the results faxed to our office (786-513-2679).
- [Stop all medications, vitamins, supplements two weeks before surgery except for medically essential prescription medications (clear these with us). Definitely no Aspirin or anything containing Aspirin or Vitamin E or Gingko Biloba.
- [Fill your prescriptions before surgery – pain medication (usually Vicodin or Percocet), antibiotic (usually Keflex or Levaquin).
- [Ask us about our surgical nutritional supplements These may help to reduce bruising and swelling after surgery.
- [No smoking (direct or indirect) at least two weeks before surgery – the longer the better.
- [No alcohol four days before surgery.
- [To avoid blood clots and emboli, practice calf exercises (ballerina point/flex type) prior surgery so you know how to do them starting right after surgery.
- [Wash your face/neck area well with an antibacterial shampoo/soap two days before surgery and the evening before surgery.
- [Obtain any desired comfort items for after surgery e.g. music, meditation tapes, comfortable clothes, pillows, recliner, anything that will give you more relaxation after surgery. Practice resting with your head elevated – pillow under head/neck/shoulders.
- [Obtain hydrogen peroxide and cotton tip applicators to clean around the nostrils after surgery
- [Obtain lip gloss or Vaseline to reduce chapped lips after surgery when breathing through your mouth.
- [Obtain soft food items for after surgery consumption.
- [Plan on coming to the office the afternoon before surgery to review last minute questions you may have, to view your before surgery photos and just to help you relax a bit better.
- [Be well and well rested - in bed by 9 PM. Any cold or other symptoms and we will reschedule your surgery.
- [Do not eat or drink anything after midnight the evening before surgery and nothing for breakfast the morning of surgery.
- [Leave valuables at home – only bring essentials.
- [No makeup the morning of surgery. Avoid nail polish. No earrings or other piercings. No contact lenses.

- [Wear extra comfortable, loose fitting clothes and flat shoes. Avoid shirts that require you to raise your arms above shoulder level.
- [Plan on arriving at the surgery center about 2 hours before scheduled start time.
- [Bring some magazines to leaf through before your surgery gets started.
- [Pre-schedule your first and second after surgery visits with us so your family / friends can plan their schedules.

AFTER SURGERY

- [You will go home the same day. Someone will need to pick you up.
- [Go to bed and rest with your head elevated at all times for the first 2 weeks.
- [Change the nasal drip pad as needed for cleanliness.
- [You may use cold compresses around your eyes for 24 hours. You may still develop bruising around your eyes (lower or upper and lowers) and around the cheek.
- [Breathe through your mouth. Use lip gloss or Vaseline to keep lips moist.
- [Take pain medication as needed. Use the narcotic (with food) for tough pain, Tylenol for lesser pain. Take your antibiotic as prescribed with food.
- [If you have to sneeze after pack removal, open your mouth to dissipate the pressure. Do not blow your nose.
- [If your nose starts bleeding, do not panic, instead focus on relaxing, sit down, keep your head elevated and place tissues under your nostril. Bleeds can take 30 minutes to stop. If you get upset, hyperventilate or otherwise raise your heart rate or blood pressure, it will bleed longer.
- [Eat 3 meals a day - well balanced food. Ice cream, to cheer you up, is also OK in moderation. If you don't eat, you will be weak and nauseated longer than necessary.
- [Drink plenty non-carbonated drinks: water and juices.
- [Come to the office the next day for a checkup and removal of the nasal packs.
- [Don't touch your nasal splint. Your nasal splint will be removed in the office one week after surgery. You then will still have a swollen look for at least another week. After splint removal, the doctor will instruct you in a thumb pressure exercise that is to be used against the nasal bones to help maintain position. Do this in front of a mirror so as to keep the nose straight. Avoid strong smiling for several weeks as it tends to pull on the sides of the nose.
- [10-14 days after surgery, you should be presentable to the public, give or take a few days. Makeup is encouraged.
- [After four to six weeks you can resume normal sports activities. Use common sense. Listen to your nose: if doesn't like what you are doing, it will swell and/or get sore.
- [By three months your nose should look quite well. The operation was not an "act of God" but accomplished by human hands and eyes. No nose is perfect. During surgery, we tried very hard to obtain a pleasing, smooth and proportional result that will blend well with your face. The type of nose you had originally as well as your ability to heal well will play a part in your final result. It takes time for the final nose to emerge,

especially in the tip area, sometimes one to two years. So allow for it and be patient. If, however, touch up surgery becomes indicated, it will need to wait at least until 6 to 12 months after surgery.

**If any question is not covered by the above, ask us any time. There is every opportunity to have all your questions addressed.
Call us: 305-381-8837.**