

ENTRUST MEDICAL GROUP

Pre-operative & Post-operative Instructions

Rhinoplasty

Please take the time to read these instructions carefully. If you have any questions or concerns, either before or after your surgery, please contact your surgeon's office.

The post-operative patient will be discharge from the Outpatient Surgery Center, after he/she is fully awake and the danger of serious bleeding is minimal. The patient may be drowsy and nauseated. Please allow the patient to rest as much as possible upon arrival at home.

TWO WEEKS PRIOR TO SURGERY

- Surgical Fee must be paid in full.
- **DO NOT** tan or over expose your face to the sun.
- **DO NOT** take aspirin, ibuprophen or products containing aspirin or ibuprophen for 2 weeks before your surgery.

PRE-OPERATIVE INSTRUCTIONS

- **DO NOT** consume any alcoholic beverages 72 prior to surgery.
- Have all laboratory work completed 72 hours prior to surgery.
- Wash hair the day before surgery. (**DO NOT** use crème rinse/conditioner).
- The night before your surgery **DO NOT** eat or drink anything after midnight.
- **DO NOT** apply any make-up the morning of surgery.

POST-OPERATIVE INSTRUCTIONS

- The nose will be swollen for 2 to 3 weeks, or longer.
- **DO NOT** blow the nose for 2 weeks after the surgery.
- **DO NOT** wear glasses for 3 months, or before consulting your surgeon. (Place tape around the bridge of glasses and stick it to the forehead to avoid pressure on the nose).
- Eat a soft diet for one week, and **NO ALCOHOL** for 2 weeks after the surgery.
- Nostrils may be cleaned, around the outside, with cotton applicators and hydrogen peroxide.
- Avoid over exposing the nose to sun for the first 3 months.
- No swimming for 1 month after surgery. No diving for 3 months after surgery.
- Avoid excessive talking and smiling for 1 week after surgery.

******Remember it takes one year for the nose to reach the final result******

If you have any problems or concerns before or after surgery, please call your surgeon's office.

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