



### **RHINOPLASTY PROCEDURE: PRE AND POST OPERATIVE INSTRUCTIONS.**

The mission of Dr. De La Cruz and his qualified staff is helping you achieve the best results and making your surgical experience as easy, safe and comfortable as possible. We will not take any undue risks with your health. Begin by reading all of the information you have received. It is your responsibility to follow these instructions. Please, read it thoroughly and if you have any questions, and do not hesitate to contact Dr. De La Cruz office at the following number: 832- 520-1844.

#### **Two weeks before rhinoplasty surgery:**

1. Avoid taking drugs containing aspirin, ibuprofen, blood thinning medication, anti-inflammatory drugs and any herbal supplements that are associated with an increased risk of bleeding during surgery.
2. Confirm your pre-operative history and physical examination appointment with your family doctor/internist. Your pre-operative exam includes the following laboratory tests: Complete Blood Count (CBC), Complete Metabolic Panel (CMP), Pregnancy Test (for women), Electrocardiogram, and Chest X-rays (when indicated). Tests must be done on an empty stomach in the morning. After having the results, patients should schedule a consultation with the doctor. Depending on your lab tests outcome, Dr. De La Cruz will determine whether the procedure can be performed.
3. If you develop a cold, infection or any other illness prior surgery, please notify the staff at Dr. De La Cruz's office as soon as possible because your surgery may need to be postponed for safety reasons.
4. Minerals and vitamins are important in boosting your body's ability to heal. Begin taking multi-vitamins with vitamin C, and minerals such as zinc, calcium, magnesium and iron. Vitamin C is highly recommended because it assists in the development and maintenance of scar tissue, blood vessels and cartilage. It also helps remove toxins and fights bacteria.
5. Stop smoking and limit your alcohol intake. Do not resume smoking for at least two weeks after your surgery in order to avoid the increased risks of complications associated with nicotine. The nicotine in the cigarette smoke can causes the blood vessels necessary for proper healing to constrict which can lead to wound problems, infection and/or possible thickening of scars. Moreover, the consumption of alcohol prior to surgery can lead to an increased risk of bleeding during your surgery, and alcohol can also interfere with your post-operative medications and should therefore be avoided as long as you are taking prescription medications.
6. Be sure to arrange for a responsible adult to drive you home after surgery and to stay with you for at least the first night following surgery.

#### **Two days before reduction rhinoplasty surgery:**

1. At the grocery store: buy light foods such as juice, tea, Gatorade, bread/bagels, jelly, soup, and JELL-O®. Fill your fridge with many fruits and vegetables, along with good sources of protein. Foods high in fiber (as prune juice) should be on hand to prevent constipation after surgery.
2. Buy Hibiclens Antiseptic/Antimicrobial Cleanser (4% Chlorhexidine gluconate solution) or any other equivalent antibacterial cleanser (such as Betadine™ Scrub liquid soap).

3. Buy a mild laxative (i.e Milk of Magnesia) as well as a stool softener, Colace or Peri-Colace, for instance.
4. All prescriptions (for antibiotics and narcotics, for instance) should be filled prior to your surgical date and bring them with you on the day of your surgery.
5. Purchase a pair of anti-embolic stockings.
6. Prepare bed: purchase some disposable towels to protect your bed sheets from bloody drainage. You will need several pillows and cushions to help keep yourself comfortable. If you have a recliner, you may wish to sleep there instead. Sleeping upright with at least 45 degrees head over the bed after surgery is extremely important.
7. Have in mind that close contact with pets can cause infection, so do not leave them near your bed at least until full recovery.
8. May start taking Arnica pills to help reducing bruises: three tablets beneath the tongue, three times daily.

#### **Evening before rhinoplasty surgery:**

1. Remove nail polish and shower with antibacterial soap (i.e Hibiclens liquid soap) from neck to toe, for three full minutes. Do not use common soap or body washes. Wash your hair and do not keep it wet the morning of the surgery.
2. Take a light dinner and do not consume solid food or anything after midnight (12:00am), the night prior to surgery. This includes water, tea, coffee, juice, chewing gum, and food, but does not apply to medicines prescribed by your doctor.
3. Get a good night's rest.
4. Pack your personal belongings (toothbrush, toothpaste, hairbrush, etc.)

#### **The day of the rhinoplasty procedure:**

1. Do not eat or drink anything prior to rhinoplasty surgery. Do not smoke or consume alcohol.
2. Shower with Hibiclens antibacterial soap for three full minutes on the day of the surgery, before you go to the surgery center facility. Do not put on any makeup, powder, lotion, perfumes or deodorant after washing. Furthermore, do not use hair spray, gel or mousse. Avoid getting Hibiclens solution in contact with your eyes, ears and mouth.
3. Use comfortable clothes. As a suggestion, you may use a loose shirt with a front opening, pants with elastic waist and comfortable shoes (no laces and no heels).
4. Do not wear contact lenses, wigs, hairpins, hairpieces, or jewelry. Dress in loose-fitting, comfortable clothes. Do not wear pullover tops or panty hose.
5. Have a responsible adult drive you to the surgical facility and take you home after surgery. This person should be available to stay with you for at least the first night following surgery. Under no circumstance will you be permitted to go home alone or stay home without another adult present. Please, follow Dr. De La Cruz's recommendation in relation to this decision.

#### **At home after reduction rhinoplasty surgery:**

1. It is important for your recovery to get plenty of rest after rhinoplasty procedure. You need to sleep on your back with the head elevated and torso inclined over 45 degrees (Head over bed >45 degrees) as if you were sleeping on a recliner, during the immediate post-operative period. If comfortable, you may sleep on your stomach after a few weeks. While in bed, you are encouraged to move your feet to increase the circulation in your legs.
2. Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots. Walk as much as you can around the house with assistance from an adult.
3. Wear compression leg stockings (above the knee) daily for up to 4 weeks to reduce your risk of deep venous thrombosis.
4. Take your antibiotic medication as prescribed by Dr. De La Cruz to prevent the development of any infection and analgesics to control post-operative discomfort.
5. Apply cold compresses to your eyes as much as possible for the first 48 hours to minimize bruising and swelling. Small gauze pads (2"x2") rotated out from an ice water bath work great

because they don't put pressure on the splint. Don't be alarmed if you look worse after the first day since the bruising and swelling usually peaks after 48 to 72 hours.

6. You will probably have bloody nasal drainage for the first few days after surgery so change a drip pad (again a 2"x2" gauze) taped gently under the nose, as needed. You can discontinue using this when the drainage stops. Try to spit out rather than swallow the drainage that runs down your throat as it can upset your stomach.
7. Because your nose may be very stuffy and mouth breathing is common after surgery, using a humidifier or cold air vaporizer in your room at night may help to avoid cottonmouth.
8. Keep the inside of your nostrils and the sutures moist by applying a thin coat of antibiotic ointment (Bacitracin or Neosporin) three times per day with a clean finger or cotton swab. If there is a lot of crusting you can clean the areas with hydrogen peroxide and water on a cotton swab. Don't try to pick anything off, as they might be sutures.
9. A liquid diet is best for the day of the surgery. Begin by taking liquids slowly and progress to soups or JELL-O®. You can resume your pre-operative, high protein diet for two weeks, the next day after breast augmentation procedure. Avoid salt intake as it will keep you swollen.
10. To prevent bleeding or air being pushed out through cracks in the healing bone, do not sniff hard or blow your nose for three weeks. If you have to sneeze, do so through your mouth, not your nose.
11. Any discomfort should be relieved by the pain medication. Take extra strength Tylenol, Advil, Aleve, Motrin, or Ibuprofen regularly to help with general discomfort.
12. Continue taking your vitamins. You may take iron supplements if you feel fatigued.
13. Do not drive until you are no longer taking any pain medications and you have full range of motion with your arms. You may drive one week after your breast augmentation procedure provided you are comfortable enough to stop in an emergency situation.
14. Strenuous activity (cardio, heavy lifting, bending over, etc...) should be avoided for three weeks. Avoid bumping or hitting your nose (i.e. contact sports) for 6 weeks.
15. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
16. Do not drink alcohol when taking pain medications.
17. Do not smoke, as smoking delays healing and increases the risk of complications.
18. The nasal splint will be on for about a week and it needs to stay dry. It is okay to have your hair washed in a sink or at a salon, but keep the splint dry.
19. Do not allow glasses or anything else to rest on the bridge of the nose for 4-6 weeks. Tape glasses to your forehead. Contacts can be worn as soon as you can insert them.
20. Because your nose may be dry inside for weeks to months after the surgery try saline nasal spray and putting Camphor (a product like Vaseline without bad taste) up your nose at bedtime and as needed.
21. Your nose will be very sensitive to sunlight so use a good sunscreen (SPF 15 or more) or a hat for a few months after surgery.
22. Bio-cream, can be started at 1 week after surgery for the best looking external scars.
23. Contact Dr. De La Cruz's office promptly if you notice an increase in swelling, pain, redness, drainage, or bleeding in the surgical area, or if you develop fever (above 100.4 F), dizziness, nausea, or vomiting. If this should occur, contact us immediately.