



POST-SURGICAL INSTRUCTIONS

RHINOPLASTY/SEPTOPLASTY

1. If you have excessive drainage, swelling, bleeding or pain, call our office at (703)962-2520. After office hours, you may reach Dr. Chopra on his cell phone at (571) 236-1977.
2. **Do not smoke or be exposed to second hand smoke for two weeks before and after surgery.** Smoking reduces capillary flow in your skin causing necrosis, or death, of tissues and permanent visible scarring.
3. Do not drink alcohol one week before and after surgery because it dilates the blood vessels and could increase postoperative bleeding. Do not drink alcohol until you have stopped taking the prescription pain pills as the combination can be dangerous.
4. DO NOT TAKE ASPIRIN, IBUPROFEN (MOTRIN, ALEVE), FISH OIL, VITAMIN E, GINGKO BILOBA or ST. JOHN'S WART for at least two weeks before and after the operation.
5. No flying or prolonged travel (over 1 hour of travel time regardless of method of transportation) for at least two to four weeks before and after the procedure.
6. You need to eat a high protein diet, 80-100g a day for your body to heal well and quickly. Protein shakes may be necessary to fulfill this requirement.
7. **Medications:**
 - Pain:
 - For discomfort, take pain medication as directed.
 - If you are no longer taking the narcotic, two Tylenol (Acetaminophen) 500mg tablets every 3-4 tablets help most discomfort. Take no more than 8 tablets per day.
 - Narcotic pain medication is constipating; therefore, take Colace or fiber supplements such as Metamucil or Senekot regularly. If you are prone to constipation you may want to increase your regular dose to prevent constipation from occurring.
 - Note: narcotic pain medication can only be given as a written prescription. It is therefore important to be mindful of the possible need to have someone available to pick up refills from the office.
 - Call the office at (703) 962-2520 if you have severe pain that is not responding to pain medication.
 - Nausea:
 - Take pain meds with food to prevent nausea. A couple of crackers aren't enough.
 - Take medication 30 minutes prior to the narcotic to prevent nausea from occurring every 4-6 hours.
 - Antibiotic:
 - Take antibiotics until prescription is finished to avoid infections.
 - Anti-anxiety:
 - Mainly used prior to surgery.

8. **Daily activities:**

- One week off of work is required but 2 weeks off is preferred. Working from home: Do not do meaningful work or make important decisions when on narcotic medication.
- For your safety we require that an adult stay with you at least the first 24 hours and drive you to your next day follow up visit. Transportation via taxi is not permitted.
- Mobilize throughout the day; no permanent bed rest. We advise to walk around 3-5 times per day in addition to mobilizing for meals and to the bathroom.
- You may shower and wash your face, with lukewarm water and soap, 48 hours after the procedure. Avoid wetting the nasal splint. No baths or prolonged showers of over 5-10 minutes.
- Rest with your head elevated above your heart for at least the first 3-4 weeks after surgery to help reduce the swelling. Do NOT lie on your side during this time. No bending or leaning forward as this will cause increased swelling and bleeding tendencies. Also avoid standing over hot stoves and surfaces, as this will also increase swelling.
- Using a humidifier in your room will make you more comfortable.
- Do not wear eyeglasses until advised by your surgeon. Wearing eyeglasses during the healing stages can cause depressions or ridges on the nose.
- Limit direct sun exposure to your nose for approximately 6 months. Use a sunscreen of SPF 15 or above during that time. Sunbathing tends to increase the swelling and should not be overdone.
- No nose blowing until cleared by your surgeon. It takes at least two weeks before the incisions inside your nose are healed. The mouth should be opened wide when sneezing. Nothing should be inserted within the nose for at least six weeks.
- Protect your nose. Avoid situations where you can be accidentally bumped or hit in the nose. Your operation is a controlled surgical fracture and a bump may misalign the bony fragments and cause a deformity. Do not squeeze the nose or touch unless absolutely necessary. Touching the nose repeatedly in the weeks after surgery can cause not only trauma but also excessive scarring.
- No contact sport for six months while the nose is settling into its new shape.
- Regular exercise and lifting objects heavier than 10lbs is restricted for 4-6 weeks.
- You may drive when driving does not cause pain and you are completely off all narcotic pain medication.

9. **What to expect:**

- With general anesthesia, you may experience a sore throat. This is not uncommon and should resolve in a few days. You may use throat lozenges to help with the discomfort.
- During the healing process, you will experience different sensations including discomfort, stinging, itching and localized burning.
- You should anticipate a variable degree of numbness in the areas treated after the procedure.
- Much of the swelling usually subsides by 7-10 days.
- Bruises and discoloration may take 3 weeks to resolve. Light make-up may be used to cover bruises after a week.
- Scars take on average 12-18 months to fully mature. During this period, staff will advise an appropriate time to start scar management.
- Swelling of the tip is particularly stubborn and may take months to resolve.
- Everyone heals at a different pace. Be patient with your body during the recovery process.

10. **Garments and dressings:**

- Do not remove any bandages or dressings unless told explicitly to do so. On average, we will remove most of the dressings the first post-operative day.
- Dressings must be worn continuously until the next follow up appointment. This appointment takes place usually 24 hours after the procedure.
- You will have an external splint placed on the nasal bridge which remains in place for approximately one week after the surgery. Ensure you do not manipulate the splint or get it wet.

Please understand the physician may adjust the above instructions based on your progress and needs