

Rhinoplasty Surgery Instructions

Pre-operative

- No food or liquid intake after midnight prior to surgery
- Do not wear jewelry, make-up, nail polish or bring valuables to the hospital or surgical center.
- Bring carrying case for eyeglasses or contact lenses. Remove all piercings.
- No aspirin or aspirin containing compounds for at least 2 weeks prior to and after surgery.
Please refer to medication list for medicines and foods to avoid. Stop all herbal preparations.
- Shower the night before and the morning of surgery with Dial or other antibacterial soap.
- Wear loose comfortable clothing with flat/ low heeled shoes. No over the head clothing.
- Fill all prescriptions within 3 days and bring them with you on your surgery date.
- Arrange for transportation to and from the Kole Plastic Surgery Center.
- Preoperative medications may be taken with a small sip of water if cleared by the anesthesia dept.
- Arrive at the surgery center 1/2 hour before scheduled surgery start time.
- Lab tests need to be drawn and faxed to this office no later than_____.

Post-operative

- After dismissal from the surgery center, return home and go directly to bed.
- Remain at bed rest for 24 hours and leave your bed only to use the bathroom.
- Keep small ice bag over eyes for first 48 hours. 20 minutes on, 20 minutes off while awake.
- Change gauze drip pad under nose every one or two hours or more frequently if needed.
- Keep entrance of nostrils open and clean by gentle use of Q-tips and peroxide.
- Sleep with your head elevated on at least one pillow. Avoid bending over.
- Diet may consist of liquids or regular food as desired and as tolerated. Avoid alcohol.
- Take pain medicine and antibiotics as prescribed.
- No strenuous physical activity during the first two weeks after surgery.
- Return to your surgeon for all follow up visits as directed.
- Contact Dr Kole immediately for any unusual or special problems:(excessive pain, swelling or bleeding)
- Do not blow your nose for at least two weeks after surgery. Protect your nose from trauma.
- Do not shower until directed by Dr Kole. Avoid decongestant nasal sprays.
- Call to confirm appointment for first post operative visit.

Call Dr. Kole immediately if:

- Fever over 101 degrees, rash or shaking chills. Inability to tolerate antibiotics or pain medications.
- Persistent nausea or vomiting lasting greater than 24 hours after surgery.
- Excessive bleeding or clots on drip pad.
- Increase in pain after 72 hours.
- Excessive swelling or purulent discharge from incisions.

If you have any questions or problems, call the office anytime at (215) 354-1010

I have received this instruction sheet, understand the information presented, have had my questions answered satisfactorily and agree to carry out the instructions as explained above.

Patient signature_____ Date_____ Surgeon_____