

Rhinoplasty

PREOPERATIVE INSTRUCTIONS

These instructions are as important as the surgery itself. Ignoring any step - even one that seems minor - can increase your risk of bleeding, infection, or a longer recovery. Please read *everything* carefully and share with your caregiver.

1. MEDICATIONS & SUPPLEMENTS

✗ STOP — 1 Week Before Surgery	✓ OK TO CONTINUE
Aspirin & aspirin-containing products	Tylenol (acetaminophen) for pain or headache
Ibuprofen, Advil, Motrin, Aleve, Naproxen	Your regular prescriptions — confirm with our office
Vitamin E supplements	Birth control, thyroid, blood pressure meds
Daily multivitamin	Anti-reflux / antacid medication
Fish oil / omega-3 supplements	
Garlic, ginger, ginseng, ginkgo, St. John's Wort	
Herbal teas & weight-loss supplements	
Coumadin, Plavix, or other blood thinners*	
Recreational drugs (including marijuana/cannabis)	

* Blood thinners must be managed with your prescribing physician before stopping.

✦ I have stopped ALL items in the red column and confirmed my other medications with the office. **Initials:** _____

2. SMOKING

⚠ You must stop smoking — including vaping and nicotine products — at least 8 weeks before and 8 weeks after surgery.

⚠ Smoking dramatically reduces blood flow to the skin and is especially dangerous for rhinoplasty healing. It increases the risk of infection, delayed healing, and poor scarring. Surgery may be cancelled if you have smoked recently.

✦ I understand that smoking before or after surgery puts my results and safety at serious risk. **Initials:** _____

3. YOUR PRE-OP TIMELINE

4 WEEKS BEFORE SURGERY

- **Stop smoking, vaping, and all nicotine products**

2 – 3 WEEKS BEFORE SURGERY

- Fill all prescriptions — do not wait until the day before
- Arrange your caregiver — a responsible adult must drive you home and stay with you the first night
- Arrange time off work, childcare, and pet care for your recovery period
- Set up your recovery space at home (see checklist below) and begin Vitamin C 1,000 mg/day to support wound healing

1 WEEK BEFORE SURGERY

- Stop all medications and supplements listed in the red column above
- Stop alcohol completely
- Confirm your surgery time with our office and the surgery center
- Use nasal pore strips twice this week to clear debris from pores
- Re-read the postoperative section of this document

THE NIGHT BEFORE SURGERY

- Shower and wash your hair thoroughly — this is your last chance before the cast goes on; trim any excess nasal hair
- Eat a normal dinner — your last meal before midnight

⚠ NOTHING TO EAT OR DRINK AFTER MIDNIGHT including water, gum, mints, and coffee.

⚠ Your surgery will be cancelled if you have anything to eat or drink. This is a safety requirement.

✦ I understand I must have nothing to eat or drink after midnight the night before surgery.
Initials: _____

4. MORNING OF SURGERY

- Shower and wash your hair and face again thoroughly with soap and water
- Brush your teeth — do not swallow water
- Do not apply any lotion, moisturizer, sunscreen, or deodorant after showering
- Wear loose, comfortable clothing with a front opening (no pullovers or turtlenecks) — you will need to dress without pulling anything over your face after surgery

- Flat, slip-on shoes — no heels or lace-up boots
- Do NOT wear: makeup, hairspray, perfume, nail polish, acrylic nails, or jewelry of any kind
- Do NOT wear contact lenses — bring your glasses and lens case
- Bring your filled prescriptions with you to the surgery center
- Your caregiver must accompany you — you will not be released to a rideshare or taxi alone

💡 Before you leave the house: set up your recovery spot, put pillows on the bed, stock the fridge, place ice packs in the freezer. You will not feel like doing this when you get home.

5. RECOVERY SUPPLY CHECKLIST — HAVE THESE READY BEFORE SURGERY

☐ 2–3 extra pillows, wedge pillow, or recliner for head elevation	☐ Frozen peas or ice packs
☐ Bacitracin or Polysporin antibiotic ointment	☐ Hydrogen peroxide + cotton swabs (Q-tips)
☐ Saline Nasal Spray	☐ Humidifier (recommended for first 2 weeks)
☐ Chapstick or Vaseline (mouth breathing causes dry lips)	☐ Button-front or zip-front shirts (3–4) — no pullovers or tight shirts
☐ Soft foods: soups, yogurt, smoothies, applesauce, pasta	☐ Plenty of water and beverages — stay hydrated
☐ Stool softener such as Colace or MiraLAX	☐ Phone charger at bedside
☐ Entertainment: movies, audiobooks, podcasts	

6. WHAT TO EXPECT IMMEDIATELY AFTER SURGERY

The following are normal — do not panic:

- Significant swelling and bruising around the eyes and cheeks — worst at 48–72 hours, then steadily improving
- Blood-tinged drainage from the nose for the first 24–48 hours — you will have a drip pad; change as needed
- Nasal congestion and difficulty breathing through your nose — expected and temporary
- Tip numbness — normal, typically resolves over weeks to months
- Asymmetric swelling — one side may look more swollen; this evens out over time
- Mild emotional letdown or a feeling of regret in the first few days — extremely common, passes quickly
- Tip position will appear slightly elevated after cast removal — the tip drops to its final position over several months

⚠ CALL US IMMEDIATELY if you experience: rapidly increasing swelling, severe pain not controlled by medication, signs of infection (increasing redness, warmth, fever), or heavy bleeding.

⚠ After hours, go to the ER and call our emergency line.

7. KEY RESTRICTIONS AFTER SURGERY

ACTIVITY	RESTRICTION
Nose blowing	No nose blowing for 2 weeks — this can displace grafts or cause bleeding. If you must sneeze, open your mouth.
Nasal cast	Keep completely dry for the first 7 days — protect while showering. Cast removed at your Day 7 appointment.
Icing	Ice around the eyes, cheeks, and forehead (not on the nose or cast) for the first 72 hours — 20 min on, 20 min off.
Head position	Keep head elevated above heart for 1-2 weeks — sleep on 2–3 pillows
Exercise	No strenuous activity or lifting over 10 lbs for 2 weeks. Light walking encouraged from day one. Gradual return after 4–5 weeks.
Driving	No driving while taking prescription pain medications or for the first 24 hours after surgery.
Glasses / sunglasses	No glasses or sunglasses resting on your nose for 4–6 weeks — they can alter the healing shape. Tape frames to forehead if needed.
Sun exposure	Protect nose and facial skin from sun for 6 months minimum. Use SPF 30+ zinc-based sunscreen after cast removal.
Hot tubs / baths	No soaking in tubs, hot tubs, or pools for 4–6 weeks. Showering is fine.
Caffeine	Minimize for 2 weeks post-surgery.
Sodium / salt	Minimize salt intake for 2 weeks — excess sodium prolongs swelling.
Alcohol	Avoid until off all prescription medications
Pullover clothing	No tight clothing pulled over your head for 4 weeks — button-front or zip-front only.
Contact sports	Avoid contact and semi-contact activities for 3–6 months. Nasal bones take 6 weeks to fully heal.

8. NASAL SPLINT, DRESSING, AND INCISION CARE

- **Drip pad:** You will have a gauze drip pad under your nose after surgery — change whenever wet. Call us if saturating a pad every 10–15 minutes with bright red blood.
- **Incision cleaning:** Gently clean external sutures twice daily with a Q-tip dipped in 50/50 hydrogen peroxide and water; apply Bacitracin or Polysporin after drying.
- **Saline spray:** Begin Saline Nasal Spray the morning after surgery — 1–2 sprays each nostril every 1–2 hours while awake. Continue for 3–4 weeks.

- Nasal splints (if placed): Do not attempt to remove — typically removed at your Day 5–7 visit.
- Cast removal prep: The night before your Day 7 appointment, shower and let lukewarm water drip over the cast for 15–20 minutes to soften it. Do not spray directly onto the nose.
- Do not insert Q-tips inside your nostrils to clean — this can cause serious injury.

Healing expectations:

- Week 1: Cast off at Day 7; nose still swollen, tip slightly upturned — not your final result.
- Weeks 2–3: Most bruising gone; most patients return to work or social activities.
- Months 1–3: Swelling reducing substantially; light exercise resumes.
- Months 6–12: Final result approaching — full tip swelling resolution takes up to one year.

A note before you sign:

Please take a few minutes to read through this document carefully before your surgery date — not the night before, but with enough time to reach us if you have questions. Every instruction here exists for a reason. If anything is unclear, call or text us at night before, but with enough time to reach us if you have questions. Every instruction here exists for a reason, and the ones that seem minor often matter most. It is far easier to address a concern or clarify something beforehand than to manage a complication after the fact.

If anything is unclear, call or text us at **775-525-1712**. We are always happy to answer questions and want you to feel fully prepared and confident going into surgery. Your results depend on the care you bring to this process — and we are in it with you. Your results depend on the care you bring to this process — and we are in it with you.

ACKNOWLEDGMENT

I have read and understand these preoperative instructions. I agree to follow them completely. I understand that failing to follow these instructions may compromise my safety, my results, and my recovery.

Patient Signature

Date

Patient Printed Name

Witness / Staff Signature

Sierra Nevada Cosmetic and Laser Surgery · Kyle Yamamoto, MD · 775-525-1712 · Call or text anytime