

Jigar Sitapara, MD
Prime Facial Plastic Surgery
10285 Little Patuxent Parkway
Suite 250
301.302.7272

Rhinoplasty Post-Operative Instructions

*****NOTE: IF YOU ARE UNDERGOING A PROCEDURE UNDER ANESTHESIA (NOT LOCAL ANESTHESIA ALONE), DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE*****

AMAZON POST-OP LIST: <https://a.co/cfYUsv8>

- Dr. Sitapara has curated these items to help you breeze through your recovery (*please review ingredients for any allergies or contraindications*):
 - L-Arginine Pro – Scientifically proven to aid in healing time and pain. Consume 1 scoop per day for the week before surgery and the week after surgery.
 - Vitamedica Bromelain – Studies show significant reduction in bruising. Take one pill per day for one week before surgery and the week after surgery.
 - General Gauze Sponges – Use as needed for wound care. Non-woven for comfort.
 - Extra Strength Tylenol – Lay a foundation of pain control before using additional pain medications for spikes in discomfort. 500mg rapid release tablets to take every 4-6 hours. Do not exceed 4000mg per day (8 tablets).
 - Refresh Eye Drops – Sooth dry or irritated eyes as needed. Put the box in the fridge for added comfort.
 - Saline Nasal Spray – Saline will help you heal faster and reduce crusting. Apply 2 sprays in each nostril every hour while you are awake.
 - Chloroseptic Spray – To soothe any throat irritation after surgery.
 - Curad waterproof adhesive tape
 - Sleep options - We generally recommend sleeping with your head slightly elevated after surgery to reduce swelling. We also want you to be strictly sleeping on your BACK. Explore these options and see which one works best for you.
 - AM Aeromax Back Sleep Training Pillow – Design trains you to sleep on your back. Recommend placing on top of another flat pillow to keep head elevated. Machine washable cover.
 - Cozymaker Wedge – Elevate your head and neck to an optimum angle. May need to combine with an airplane neck pillow to prevent side sleeping.
 - Airplane Pillow – *Hair Transplant Patients* Bring with you ON THE DAY OF SURGERY.

The following instructions apply to patients who have undergone Rhinoplasty/Septoplasty. Since no two patients are ever exactly alike in their surgical needs, type of surgery performed or rate of healing, we may elect to individualize the following guidelines for each patient. In such instances, we will so instruct you. Otherwise, we urge you to follow the advice below very carefully, in order to accelerate your healing and maximize your surgical outcome.



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READ THESE OVER BEFORE AND AFTER SURGERY SEVERAL TIMES SO YOU ARE FAMILIAR WITH ALL INSTRUCTIONS.

Preoperative Instructions

If possible, do not take any Aspirin or NSAID medications (ibuprofen, motrin, advil, etc) for 14 days prior to your procedure, and then only on the advice of your personal physician. Please let your surgeon know if this is not possible prior to your surgery.

Avoiding alcohol for 7 days prior to surgery can help with the healing process.

Postoperative Instructions

It is very important to your well-being that you follow completely all instructions given to you by this office, and that we check your progress regularly following surgery.

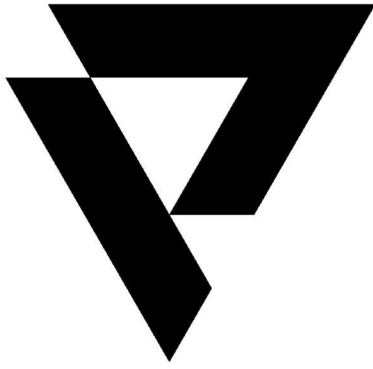
Immediately after surgery, it is normal to have discomfort and pressure in the nasal region. Do not blow your nose.

Change the nasal drip pad as needed (use a clean piece of gauze and a new piece of tape applied to the cheeks). When the drip pad no longer has blood on it after two drip pad changes, you do not need to wear it.

Keep your head elevated when you sleep until you return to the office.

24 hours After surgery:

- You will have two cotton pieces in each nostril. Remove these with clean fingers or a pair of tweezers.
 - In rare instances, Dr. Sitapara will tell you he placed internal nasal splints that should NOT be removed.
 - Once the cotton pieces are removed, use saline spray 6 times a day or more (2 puffs each side each time). Saline cannot be overdone during this initial healing period.
- Apply bacitracin or mupirocin ointment to any external incisions twice daily.
- Apply bacitracin or mupirocin ointment with a DIFFERENT clean Qtip to the inside of the nostrils twice daily.
- Swelling and bruising will peak on Day 2-3 and then start to go down
- If your cast starts to feel loose, put tape across it from cheek to cheek to hold it in place
- If your cast falls off, DO NOT put it back on
 - Please call the office to let us know. Be careful with your nose until you return to the office



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Day 2 and Beyond

Do not blow nose for 2 weeks after surgery or until instructed. Wipe or dab nose gently with Kleenex, if necessary.

Change dressing under nose (if present) until drainage stops. *Pro-tip: don't forget your chapstick this week because you will be breathing more from your mouth while your nose is congested*

Contact lenses may be worn within 2-3 days after surgery.

Do not wear regular glasses or sunglasses that rest on the bridge of the nose for at least 4 weeks. We will instruct you in the method of taping the glasses to your forehead to avoid pressure on the nose.

Avoid foods that are salty or require prolonged chewing. Otherwise, your diet has no restrictions.

Keep your head elevated at a 30-degree angle or more for the first week after surgery.

Brush teeth gently with a soft toothbrush only. Avoid manipulation of upper lip to keep nose at rest.

You may wash your face with a damp wash cloth – Please avoid the cast/dressing. Take tub baths until the dressings are removed. No showers above the neck.

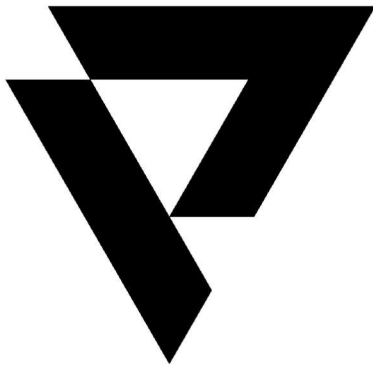
Do not wash hair for one week unless you have someone do it for you. **DO NOT GET NASAL DRESSINGS WET.** *Pro-tip: wash your hair with shampoo and conditioner on the morning of surgery*

Wear clothing that fastens in front or back for one week. Avoid pullover sweaters, T-shirts and turtlenecks.

The nasal cast will remain in place for approximately one week and will be removed in the office. Do not disturb it and keep it dry.

After the doctor removes your nasal cast, the skin of the nose may be cleansed gently with a mild soap. **BE GENTLE.** Makeup may be used as soon as bandages are removed. To cover discoloration, you may use concealer or other over-the-counter makeup. Do not apply makeup directly to incisions for 2 weeks.

When we remove your splint, your nose, upper lip and cheeks will be swollen and will remain so for several weeks. In fact, it takes at least one year for all swelling to subside. Improvement will progress significantly over the next two months.



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Avoid sun or sun lamps for 6 weeks after surgery; heat may cause the nose to swell. Always use sunscreen.

Do not swim for one month since injuries are common during swimming.

Walking is recommended after the surgery but avoid any activity that raises your heart rate or blood pressure. Between 1-2 weeks after surgery, you may progress to walking 3 miles for exercise. After 2 weeks, slowly reintroduce exercise into your routine. Do not engage in vigorous exercise or sports for at least 6 weeks, or until approved by our team.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our very best efforts to achieve the best surgical result possible for your particular individual anatomy and condition.

