



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

RHINOPLASTY PRE AND POST OPERATIVE INSTRUCTIONS

AMAZON POST-OP LIST: <https://a.co/cfYUsv8> (Please review ingredients for any allergies or contraindications).

- **Vitamin C and Zinc Supplements 1000mg - Zinc 20mg**
 - Take 1 pill a day starting 2 weeks before surgery
- **L-Arginine Pro** – Scientifically proven to aid in healing time and pain.
 - Consume 1 scoop per day the week before surgery and the week after surgery.
- **Vitamedica Bromelain** – Studies show significant reduction in bruising.
 - Take 500mg (2 pills) per day one week before surgery and the week after surgery.
- **General Gauze Sponges** – Preferably the non-woven type for comfort.
 - Use as needed for wound care.
- **Extra Strength Tylenol** – To assist with pain control.
 - 500mg rapid release tablets, take every 4-6 hours.
 - DO NOT exceed a total of 4000mg per day (8 tablets).
- **Refresh Eye Drops** – To help soothe dry or irritated eyes.
 - Use as needed.
 - May refrigerate in packaging for added comfort
- **Chloroseptic Spray** – To soothe any throat irritation after surgery.
 - Spray as needed towards the back of your mouth
- **Saline Nasal Spray** – Saline will help you heal faster and reduce crusting. Apply 2 sprays in each nostril every hour while you are awake.
- **Curad waterproof adhesive tape**
- **Sleep options** - We 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 it on top of another flat pillow to keep head elevated. Machine washable cover.
 - **Cozymaker Wedge** – Elevates your head and neck to an optimum angle.
 - May need to combine with an airplane neck pillow.
 - **Airplane Pillow** – to help prevent side sleeping

*****NOTE: DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE*****

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 instruct you. Otherwise, we urge you to follow the advice below very carefully, to accelerate your healing and maximize your surgical outcome.

BEFORE SURGERY

- ☐ **Three** days prior to your procedure, start applying the prescribed Mupirocin ointment to the inside of each nostril with a Q-Tip. Once in the morning and once at night
 - Post surgery, continue to apply Mupirocin ointment to the inside of each nostril and along incision site.
- ☐ DO NOT take Aspirin, NSAIDS (Ibuprofen/Advil or Motrin, Naproxen/Midol or Aleve, etc) for 14 days before your procedure (Unless otherwise advised by your primary care provider – please let our Nurse/Surgeon know if this is your situation)
- ☐ Avoid Alcohol for 7 days before your procedure to help with your healing process
- ☐ **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE**
- ☐ Wash your hair with shampoo and conditioner on the morning of surgery or the night before

ON SURGERY DAY

- ☐ If morning medications were allowed by Dr. Sitapara, please take these with very small sips of water before arriving at the office.
- ☐ Wear comfortable clothing, especially button-down shirts or zipper sweaters. This will make it easier for you to dress after the surgery.
- ☐ Remove all jewelry before arriving to the office.
- ☐ **Do not wear contact lenses on the day of surgery.** Please wear your glasses instead and bring a glasses case if needed.

AFTER SURGERY

- ☐ Stay ahead of your pain for the next 24 hours to avoid sharp spikes of pain that will take longer to alleviate
- ☐ Plan to have a light meal after your procedure (yogurt, applesauce, broth or soup are good options)
- ☐ When sleeping the night after your procedure and for the next 14 days, try to keep your head elevated as much as possible with the use of extra pillows.
- ☐ Contact our office if you experience any of the following:
 - If you develop a fever
 - Experience one-sided pain that is not alleviated with pain medication
- ☐ Immediately after surgery, it is normal to have discomfort and pressure in the nasal region.
- ☐ **DO NOT BLOW YOUR NOSE** for the next 2 weeks. Wipe or dab nose gently with Kleenex, if necessary.
- ☐ 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.

DAY 1 (24 HOURS) AFTER SURGERY

- ☐ Remove the two cotton pieces in each nostril 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). Use as often as possible, saline cannot be overdone during this initial healing period.
- ☐ Apply mupirocin ointment to any external incisions twice daily.
- ☐ Using a new, clean Q-tip, apply bacitracin or mupirocin ointment to the inside of the nostrils twice daily.
- ☐ If your cast starts to feel loose or falls off, immediately put tape across it from cheek to cheek to hold it back in place
- ☐ Keep your lips moisturized (ChapStick) for the next week you will be breathing more from your mouth while your nose is congested

DAY 2 (48 HOURS) AFTER SURGERY

- ☐ Swelling and bruising begins to peak around this time

- ☐ You start to use your contact lenses again
- ☐ 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 your nose.
- ☐ Take baths or showers below the neck until the dressings are removed.
 - You may wash your face with a damp washcloth (avoid contact with the cast/dressing).

ONE WEEK AFTER SURGERY

- ☐ After your cast and dressing are removed, you may wash your hair.
- ☐ Wear clothing that fastens in front or back for one week.
 - Avoid pullover sweaters, T-shirts and turtlenecks
- ☐ 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 any 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.
- ☐ Walking is recommended after surgery but avoid any activity that raises your heart rate or blood pressure as this can cause a spike in inflammation and swelling.

POSTOPERATIVE EXPECTATIONS:

- Please try to follow these instructions given to you and to check in with our office if you have any questions
- After surgery, you may be up and moving around but it is normal to experience some fatigue that may persist 2-3 days after surgery. This is a normal effect of the anesthesia and the surgical procedure.
- When moving, standing or changing positions, try to take your time and be careful, use assistance, if possible, for the first 7 days. When moving your head, try to move both your head and shoulders as a single unit to reduce pain and discomfort.
- Avoid foods that are salty or require prolonged chewing for 2 weeks. Otherwise, your diet has no restrictions.
- Brush teeth gently with a soft toothbrush only.
- Avoid manipulation of upper lip to keep nose at rest.
- It may take at least one year for all swelling to subside. Improvement will progress significantly over the first month.
- After 2 weeks, slowly reintroduce exercise into your routine.
- 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.
- Do not engage in vigorous exercise or sports for at least 6 weeks, or until approved by our team.

