

General Pre-Surgical Instructions & Reminders

We would like to make this experience as smooth as possible for you. This is a friendly reminder of some important instructions before and after surgery. Please contact our office with any questions.

Before Surgery

1. Be sure to pick up your prescriptions before surgery and bring them to the surgery center the day of surgery.
2. Reduce sodium intake 2 weeks before surgery and do not take any blood-thinning medications as listed in the provided paperwork. Use only Tylenol for pain or headaches.
3. No smoking. Cease all nicotine use, including vaping and nicotine gum or patches, at least 4 weeks before surgery and 2 weeks after surgery to promote healing.
4. Five days before surgery, start the prescribed antibiotic nasal soak protocol if instructed to do so.
5. Do not eat or drink anything after midnight the night before your surgery. Even small amounts can pose risks with anesthesia and may result in cancellation of surgery.
6. Wash your face with antibacterial soap the morning of surgery. Do not apply makeup, lotions, creams, deodorant, or other products to your face, skin, or hair the morning of surgery to minimize infection risk.
7. Wash your hair the night before or morning of surgery. Do not apply hair products (gel, spray, mousse, etc.) after shampooing.
8. Wear loose, comfortable clothing that does not need to be pulled over your head — a top that buttons or zips is best.
9. Wear casual, comfortable bottoms that are not tight (no skinny jeans, yoga pants, or leggings); sweats or pajama pants are fine.
10. Shoes must have a back on them — tennis shoes are ideal. No tall boots, flip-flops, or slip-ons.
11. Stay well hydrated and drink plenty of water the night before surgery.
12. Typically, the anesthesiologist or a nurse from the surgery center will contact you in advance. If they are unable to reach you, you will have an opportunity to speak with the anesthesiologist the morning of surgery.

One Week Before Surgery

- Ensure all labs and medical clearance paperwork have been received by our office to avoid cancellation.
- Ensure complete payment for your procedure has been received by our office to avoid cancellation.
- Avoid alcohol and recreational drugs, as they interfere with anesthesia and clotting.
- Notify the office of any signs of cold, infection, or skin issues before surgery.
- Do not take cough or cold medications without prior approval.
- Arrange transportation and care: ensure a responsible adult is available to drive you to and from surgery and to stay with you for the first 24 hours.

Day of Surgery

1. Please arrive 1 to 2 hours before your scheduled surgery time as instructed by the surgery center.
2. It is possible that operating room time for your case may exceed the proposed amount; in that case, overage charges for the facility and anesthesiologist may apply.

3. If you wear contacts or glasses, bring a case and solution, as these will need to be removed for surgery.
4. Do not bring jewelry or valuables, including piercings, watches, or wedding rings. Items that cannot be removed will be taped.
5. If you use an inhaler, regularly or as a rescue medication, please bring it with you to the surgery center.
6. If traveling a significant distance home, consider packing a pillow, water, crackers, a hat (no glasses), and a nausea bag; mention this to the intake nurse and anesthesiologist for anti-nausea medication.
7. You cannot take a cab or rideshare home after surgery. A family member or friend must transport you. If you do not have anyone available, our office can recommend a medical transport service.
8. You must have a family member or friend with you for 24 hours after surgery. Please provide the office with your driver's name and contact information in advance.

After Surgery

1. The prescribed full course of antibiotics must be completed. Failure to finish prescribed antibiotics may result in infection and could negatively affect your surgical results.
2. Follow the prescribed antibiotic nasal-soak protocol, if applicable, for two weeks following surgery.
3. Ice only around the nasal area; do not place anything on top of your cast/nose for 6 weeks after surgery. Icing is most helpful during the first 3 days.
4. No glasses or sunglasses for 2-3 weeks after rhinoplasty. If glasses must be worn, tape them to your forehead to avoid resting on the nose.
5. No exercising for 2 weeks after surgery.
6. No contact sports for 6 weeks after surgery.
7. No air travel for 10 days after your surgery date.

The best way to reach our office after surgery is by the Klara line at (510) 851-8596 or the front desk at (510) 647-6450. If there is a life-threatening emergency, call 911 or go to the nearest hospital.

Thank you for following these instructions to help ensure a safe and smooth surgical experience.

Pre- and Post-Operative Care Instructions for Rhinoplasty

Please familiarize yourself with these instructions both before and after surgery. By following them carefully, you will assist in obtaining the best possible result. If questions arise, do not hesitate to contact our office. Please take this list with you to the surgery center and begin observing these directions immediately after your surgery. Out-of-town patients are asked to remain in the local area for at least 7 days after surgery for postoperative care.

Instructions to Follow Prior to Surgery

1. Starting 4 weeks prior to surgery, do not take any aspirin, aspirin-containing compounds, non-steroidal anti-inflammatory medications (Motrin, Ibuprofen, Advil, etc.), or herbal supplements. You may resume these medications 1 week after surgery. These medications can increase the risk of bleeding during and after surgery.
2. Avoid other medications as described on the complete "Medications to Avoid" list provided to you.
3. Do not eat or drink anything after midnight the night before surgery. This includes water, unless instructed to take medication with a small sip of water.
4. For one week prior to surgery, avoid alcoholic beverages and salty foods, as these will prolong the swelling of your nose.
5. If any labwork or medical tests were ordered for surgery, please complete them 2–4 weeks prior to surgery, and ensure they are sent to our office no later than 1 week prior to your surgical date to avoid cancellation.
6. You will need to come into the office for a pre-operative appointment within 3 weeks prior to surgery. This appointment will be scheduled for you by our staff.
7. You will have the opportunity to speak with the anesthesiologist the night before or the morning of surgery.

Overview of Surgery — What to Expect

1. A small incision is made across the columella (the bridge of skin between the nostrils). Tiny stitches will be visible on this suture line and will either dissolve or be removed 5–7 days after surgery, depending on the type of stitches used. This incision should be cleaned with a Q-tip dipped in diluted peroxide and coated with a thin film of petroleum jelly such as Vaseline or Aquaphor ointment at least 3 times a day for 2 weeks.
2. Other incisions are made on the inner rim of the nostrils and are not visible. These are closed with absorbable sutures that do not need to be removed. For the first week after surgery, clean the inside of the nostrils with a Q-tip dipped in diluted peroxide, followed by a thin film of petroleum jelly ointment, at least 3 times a day.
3. A plastic splint will be attached to the external skin of the nose with adhesive. This splint should remain dry until removed at your first visit, 5–7 days after surgery. If it falls off early, there is no need for concern, as there is protective tape underneath; the splint does not need to be replaced.
4. Thin, clear plastic stents may be present inside the nose on either side of the septum, secured with a small suture. Do not disturb these stents.
5. Keep the inside of the nose moist with frequent use of saline nasal spray, at least 3 times a day. This helps keep the nose clean and decreases discomfort when splints are removed.
6. During surgery, the skin is elevated from the supporting structure of the nose (bone and cartilage). The internal structure is then improved through cartilage grafting, rearrangement, and other techniques,

and the skin is re-draped over the modified framework. This process leads to swelling and a feeling of firmness that can last for weeks to months. The nose may not settle into its final shape for up to a year.

7. Bruising around the eyes and swelling around the cheeks can occur and may last up to 2 weeks in some cases. You may ice your eyes and cheeks for the first 2-3 days to reduce pain and swelling, but do not apply pressure or weight to the nose.
8. It is normal to have some dripping of blood in the first few days after surgery. Avoid swallowing blood that drips down the back of the throat (this can cause nausea) — instead, lean forward. A small dressing may be taped under the nose to catch drainage. If bleeding is brisk (soaking through dressings in less than 20 minutes), contact our office immediately.
9. Nausea is an occasional side effect of anesthesia. If you are prone to nausea, discuss this with the anesthesiologist prior to surgery.
10. A sore throat is another occasional side effect, usually resulting from anesthesia intubation, and typically resolves within a week.
11. Your first post-operative appointment is 5–7 days after surgery for removal of sutures, splint, and stents. The second appointment is 2–4 weeks after surgery, with 2–4 additional visits over the following year.

Other Instructions to Follow After Surgery

1. Do not blow your nose for 2 weeks until instructed. Wipe or dab the nose gently around the nostrils with gauze or a tissue, if necessary.
2. Do not disturb the splint on the nose or allow it to get wet. You may take a sponge bath or wash your face and hair as long as the cast stays dry. You may get the cast wet on the night or morning before your first postop appointment to help loosen it.
3. Change the dressing under the nose, if present, as needed. Clean sutures and the area just inside the nostrils with a Q-tip and diluted peroxide, then apply a thin layer of petroleum jelly ointment, at least twice a day for 2 weeks.
4. After the external nasal splint is removed, the skin may be cleansed gently with mild soap or cleansing cream. Rubbing alcohol on a gauze pad can help remove residual adhesive. Makeup or camouflage cream may be used to cover discoloration, avoiding the incision line to prevent infection.
5. For 3 weeks after surgery, avoid alcoholic beverages, hard foods requiring prolonged chewing, and salty foods, as these prolong swelling.
6. Avoid rigorous physical activity for 3 weeks after surgery, including activities that raise your heart rate or core body temperature. Avoid bending over, heavy lifting, or straining.
7. Keep your head elevated on at least 2–3 pillows in an upright position at night for 7 days.
8. Wear clothing that fastens in the front or back for 1 week; avoid pullover sweaters, t-shirts, or turtlenecks.
9. Apply SPF and avoid strong sun exposure to the face for at least 1 month after surgery.
10. It is normal to have difficulty breathing through your nose during the initial postoperative period. Internal swelling will subside over the first few weeks.
11. Do not wear regular glasses or sunglasses that rest on the bridge of the nose for at least 2-3 weeks. If wearing glasses causes soreness, refrain from wearing them. Contact lenses may be worn within 2–3 days after surgery.

Supplementary Instructions (If Ancillary Areas Were Operated On)

If there is excessive pain, redness, swelling, or drainage at any surgical site, contact our office immediately.

Care for Ear Graft Harvest Site:

- Keep the dressing dry until removed by your surgeon.
- Apply a thin coat of Vaseline or Aquaphor ointment to the incision behind the ear and any sutures in front of the ear, twice a day.
- If a dressing is sutured in place, do not attempt to cut or remove it; it will be removed at your first post-operative visit, 5–7 days after surgery.
- It is normal to have some soreness in the ear and a sensation of fullness in the ear canal after surgery.
- If the ear becomes increasingly swollen, red, or hot, contact the office.
- Be careful not to pull or rub the ear for 2 weeks following surgery.
- It is generally okay to shower 2 days after surgery.

Care for Rib Graft:

- Keep the dressing on until removed by your surgeon.
- If the dressing falls off, no intervention is necessary, but begin applying a thin coat of antibiotic ointment to the incision twice a day.
- Sutures and dressing will be removed 5–7 days after surgery at your scheduled post-operative visit.
- It is normal to have some soreness in the chest after surgery, which will resolve over 2–3 weeks.

Care for Temporalis Fascia Harvest Site:

- Keep the area clean; it is generally okay to wash in the shower after 2 days.
- Apply a thin coat of Vaseline or Aquaphor ointment to the incision twice a day.
- If there are surgical clips they will be removed at the first postop visit.
- Eat a soft diet for 1 week.
- It is normal to have some soreness at the incision site or with chewing for 2–3 weeks.
- It is normal to have some hair loss near the incision, which will improve over the course of a year.

If you experience any problems after leaving the surgery center, please call our office or the after-hours phone number provided to you.