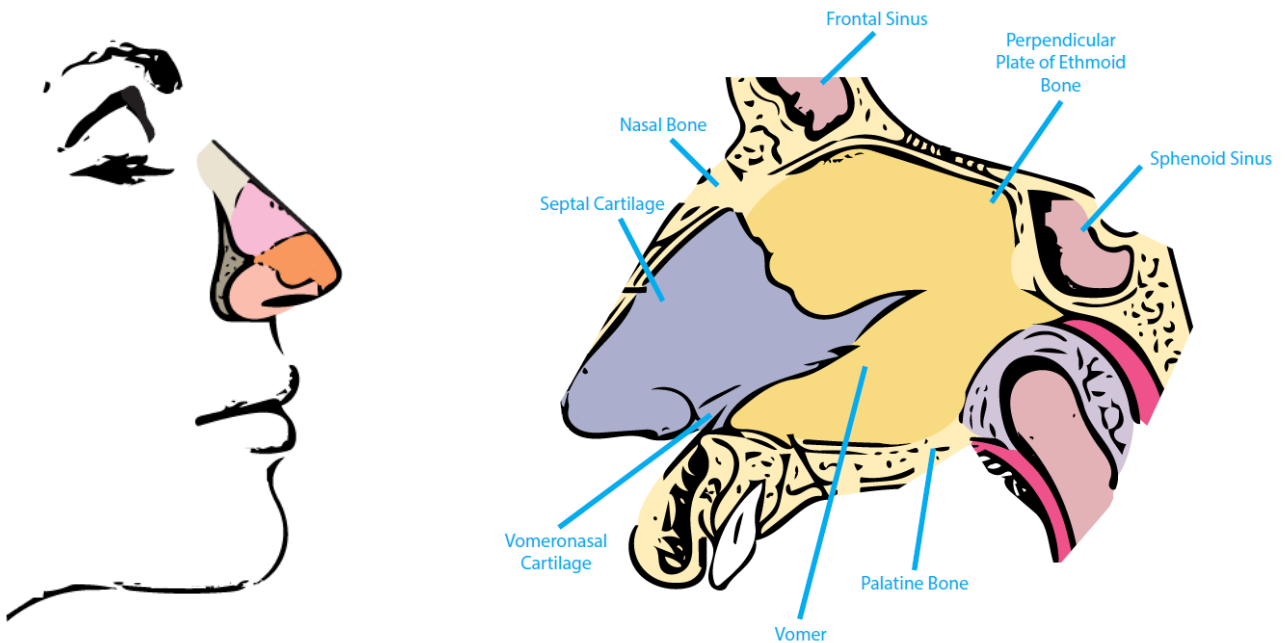


## RHINOPLASTY & SEPTOPLASTY PROCESS

### YOUR PROCEDURE

You and your doctor have agreed on a surgical and aesthetic plan to achieve your goals. The incisions are either placed inside of your nostrils and at the end of the septum, the divider of your nose, or there may be a very small incision between the nostrils that heals extremely well and is practically imperceptible. Portions of cartilage and bone are removed and reshaped to achieve the result. At times, cartilage grafts or other material are placed to help achieve the result.



### ANESTHESIA

The surgery is performed under a sedative/general anesthesia. Local anesthesia is used to supplement the general anesthesia. A **Board Certified (MD) Anesthesiologist** will be in constant attendance to administer the anesthesia to ensure safety and comfort.

The surgery generally takes between **2-3** hours. It is generally performed in our fully accredited ambulatory surgical center (West Wilshire Medical Surgical Center) or in the hospital associated with other procedures. The center is certified by the Accreditation Association of Ambulatory Health Care (AAAHC) which is approved by the California State Medical Board and the Legislature of the State of California.

### PRE-OP MEDICAL CLEARANCE

Either the doctor or your personal physician will need to examine you and approve you for general anesthesia. This may include bloodwork and a physical examination.

**Pacific Neuroscience Institute** | 310-829-8701

**Playa Vista** | 424-443-5530

**Saint John's Medical Plaza** | 310-829-7792

**Torrance** | 310-829-7792

**Brentwood** | 310-477-5558

11645 Wilshire Blvd. Suite 600

Los Angeles, CA 90025

## INSTRUCTIONS PRIOR TO RHINOPLASTY & SEPTORHINOPLASTY

### SUN EXPOSURE

- ▶ Do not become sunburned or overexposed to sun **2 weeks** before surgery.

### HOME MEDICATIONS

- ▶ Avoid blood thinning medication such as Aspirin, Ibuprofen, Coumadin, or Plavix for **1 week** prior to surgery. Please see the handout on specific medications to avoid. Please ensure that we have a complete list of all medications, supplemental, herbals (including marijuana) that you take. The use of such pills or drugs prior to surgery may have an adverse effect on the results and thus are important to disclose and verify. It is very important not to take any medications unless directed by the surgeon. You may be instructed to take some of your daily medications with a sip of water on the morning of surgery by your surgeon or the anesthesiologist.

### PRESCRIPTIONS

- ▶ You will be given one or more prescriptions at your preoperative appointment. Please pick them up prior to your procedure.

### NASAL RINSE

- ▶ Practice the nasal rinse prior to surgery. Please refer to a separate handout on nasal rinses or you can look up “nasal sinus rinse” on YouTube to see how it is done.

### SMOKING/ALCOHOL

- ▶ Do not smoke for **3 weeks before** and **3 weeks after** your surgery. Minimize or eliminate alcohol intake for **5 days** prior to surgery.

### WHAT TO PURCHASE PRIOR TO SURGERY

- ▶ Prescriptions (antibiotics, pain medication as prescribed by your doctor)
- ▶ Neosporin ointment (over-the-counter) or Bactroban-Muporicin Ointment (prescription)
- ▶ Hydrogen peroxide (small bottle)
- ▶ Q-tips
- ▶ Crushed ice
- ▶ Latex gloves

## INSTRUCTIONS FOR THE DAY BEFORE & DAY OF SURGERY

### CLOTHING

- ▶ Wear light comfortable clothing that is easy to take off and put on (sweatpants, sneakers, polo shirt, etc.).

### FOOD/DRINK

- ▶ Do not eat or drink **8 hours** prior to your surgery. You may be instructed to have plain water if your surgery is in the afternoon, so you do not get dehydrated.

### WASHING

- ▶ Wash your hair and face thoroughly the night before surgery and the morning of your surgery and do not apply any makeup.

### RIDE HOME

- ▶ You must arrange a ride home and someone to be with you at all times the first nights after surgery. Arrange to be dropped off and give the contact number to our staff so we can call them approximately **30 min.** prior to your discharge.

### CONTACT LENSES

- ▶ Please remove contact lenses and bring your glasses.

### JEWELRY/WATCHES/VALUABLES

- ▶ Please leave them at home; the office is not responsible for protecting them or in case of loss.

## WHAT TO EXPECT IMMEDIATELY AFTER SURGERY

Following the surgery, your nose will have an outer cast to maintain the repositioned bones in their proper orientation and to prevent swelling of the nose. The cast will stay on for five to seven **(5-7) days**. Nasal packing is rarely placed, but if the situation requires packing, it will make it necessary for you to breathe through your mouth. The packing will be removed by the doctor one to three days after the surgery. **You will have a stuffy nose, especially 2-3 days after surgery when the swelling peaks.** Using nasal saline wash and Afrin nasal spray (given to you at surgery-use only as needed for bothersome congestion) will help this condition. Your doctor will gently clean your nose and remove scabs at your post op visits. Most patients say that the procedure is FAR less painful than anticipated -the first night is the toughest and you may require some pain medication to help you sleep. Most patients switch to regular Tylenol or Advil after the surgery for pain relief. **You may come to your first post-operative appointment alone if you are not taking prescription pain medication although many patients find it preferable to be brought by a family member or friend.**

### DIET

- ▶ Start off by staying **hydrated** and have soups or smoothies as the anesthesia can cause an upset stomach the first night of surgery. Slowly advance your diet as tolerated. Avoid spicy foods, foods that are too hot or too cold, or hard to chew. **Try to eat something light before your office visits so your blood sugar does not drop too low.**

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## INSTRUCTIONS FOR THE DAY BEFORE & DAY OF SURGERY

### MEDICATION

- ▶ Take your regular home medication and any antibiotics as directed. You may need pain medication the first night of surgery, but most people are able to switch to over the counter pain medication after the first night. You may want to cut the pain pill in half if you are sensitive to these kinds of medications.

### ACTIVITIES

- ▶ Do not blow your nose for **10 days**. You can use the rinses and gently suck back to try to clear the nose. Do not bend over, lift anything heavy, or do anything that raises your blood pressure for the first week. Avoid hitting your nose. Do not fly for at least **2 weeks** after surgery -your surgeon will clear you to fly when you have healed adequately. You can drive as soon as you are off pain medication, which usually can happen a couple of days after surgery. Sneeze with your mouth open for the first week. Avoid emotional excitement for the first week.

### CLEANING YOUR NOSE

- ▶ You may use hydrogen peroxide and bacitracin ointment in your nostrils **3 times** a day after your surgery when instructed by your surgeon. Dip a clean Q-tip into hydrogen peroxide and **very gently** rim around your nostrils and over any visible stitches once or twice. Once this is done, **gently** apply a **thin** layer of bacitracin ointment to the nostrils and any visible incisions. If you do not see any crusts, you can skip the hydrogen peroxide and just apply Neosporin ointment **3 times** a day. This helps the healing, makes the stitches easier to remove, and minimizes the chance of infection.

### BRUISING

- ▶ Bruising is common after surgery and usually peaks between day **2-4** after the procedure. Typically, most if not all bruising is gone by the **10 to 14 day** mark. Use of warm compresses can help reduce bruising-do not begin these until **4 days** after surgery. Use of Amica (given at your preop or you may purchase over-the-counter) can reduce bruising as well. If prolonged bruising is present, this can be treated with a photolaser in our office.

### SHOWERING

- ▶ You may bathe/ sponge bathe immediately after surgery but do not get your face/ nose wet for **48** hours. Do not shower for **48 hours** after the surgery. After **48 hours**, you may shower and clean your hair but try to avoid soaking the nasal dressing. It is best to have your hair washed "spa style" with your head slightly back to avoid soaking the cast and tape. Avoid too hot of a hair-dryer. After the cast comes off in **5-7 days** after surgery, you can gently clean the skin of your nose with soap and water.

### EXERCISE

- ▶ You can walk around as soon as the day after surgery. It is best to not lie around in bed after surgery to keep the blood flowing in your legs. Do not lift anything over ten pounds or perform any exercise for at least **1 week** after surgery. After **2 weeks** you will be able to return to light exercise. At **3 weeks**, unrestricted exercise is allowed.

## INSTRUCTIONS FOR THE DAY BEFORE & DAY OF SURGERY

### SWIMMING

- ▶ Swimming is allowed after **2 weeks** of healing. Do not dive for one month after surgery.

### COOL COMPRESSES

- ▶ Use cool compresses or crushed-ice in a latex glove over and under your eyes for **20 minutes** every hour while awake.

### SLEEPING

- ▶ Avoid striking or bumping your nose, or rolling on it while sleeping. Most importantly, **SLEEP ALONE**, on your back, using two pillows with a form-fit head pillow or bolster to prevent your head from turning.

### GLASSES

- ▶ Do not wear glasses for **6 weeks** following surgery, or until consulting with your surgeon. If it is necessary for you to wear glasses, place scotch tape around the bridge of the glasses and stick them to your forehead, ensuring the bridge of the glasses is held above the nasal bridge.

### BRUSHING

- ▶ You can brush your teeth the day of surgery, however be careful not to brush too vigorously under your two front teeth as that area will be tender from the surgery. If you use an electronic toothbrush, use a regular toothbrush on the four top middle teeth for **1 week**. You may floss immediately.

## HEALING OF THE NOSE AFTER SURGERY

**Although it takes a full year or more to achieve the final form of your nose, your nose will look better at 2 weeks after surgery than it did prior to surgery.**

### HEALING TIME

- ▶ **6 weeks** for **60%** of the swelling to come down
- ▶ **3 months** for **70-80%** of the swelling to come down
- ▶ **6 months** for **80-90%** of the swelling to come down
- ▶ **6 months to 1 year** for **99%** of the swelling to come down to achieve final result

**For "revision" cases, the timeline is usually 1-2 weeks slower than the above guideline and may be even slower depending on the difficulty of your operation.**

## INSTRUCTIONS FOR AFTER SURGERY

### TAPING OF THE NOSE

- ▶ Will be done following the removal of the cast, usually on the fifth to seventh post-operative day. Taping of the nose will be continued by your doctor until such time as he feels your nose has properly molded. At that time, you will be instructed on the proper taping of your nose at night. You will be instructed to tape until you and your surgeon are happy with the nose as the swelling comes down after **6 weeks** to several months.
- ▶ Some noses, because of their nature, continue to swell for a considerable period, particularly those noses afflicted with allergies. This swelling can lead to scar tissue formation which, in turn, can result in a nasal deformity. Therefore, follow-up visits to check this problem are necessary at frequent intervals, and taping, if ordered, is mandatory to prevent this complication of the healing process.
- ▶ Avoid sun exposure to your nose and the incisions for at least **3 months** after your surgery.
- ▶ Do not attempt to become too critical in evaluation your nose for at least **6 months**, although your nose will breathe and look better than it does preoperatively at the **2 week** mark. The final result may not be evident for **6 months** to a year. Taping as mentioned above, in selective cases, may be necessary for six months or more in order to achieve a good result. This is only done in the evening, before sleep.
- ▶ Although after surgery you may believe it is best to drink a lot of fluids, do not over hydrate as this will result in more swelling.
- ▶ Mild bleeding after surgery is normal and expected for **48 hours** after surgery. If there is excessive or worrisome bleeding call your doctor immediately.
- ▶ Remember that the success of the surgery is a fifty-fifty endeavor. Your complete cooperation will allow for an easy post-operative recovery and an excellent result.

### COMPLICATIONS OF SURGERY

In accordance with the legal doctrine of informed consent promulgated by the California Courts, it is necessary to advise you of the possibility of complications after surgery. These complications are rare, and can include any consequence of a major operation. Every safety precaution will be taken to ensure the successful outcome of your surgery and any complication which might occur will be managed as the need demands.

- ▶ Possible complications include but are not limited to:
  - ▶ Bleeding
  - ▶ Infection
  - ▶ Poor Cosmetic Result
  - ▶ Septal Perforation
  - ▶ Scaring with bump/callus formation
  - ▶ Crooked Nose
  - ▶ Poor Breathing
  - ▶ Need for additional procedures\*\*

### INFORMED CONSENT

Your doctor will review this information with you and will ensure that you are as completely informed as reasonably possible. We will request that you sign a consent form.

## PAYMENT

### PAYMENT

- ▶ The fee has been agreed upon with our office. Please bring full payment at the time of the pre-op appointment or on the day of surgery. Acceptable forms of payment are: cash, cashier's check, personal check (requires **7 days** advance payment to clear), MasterCard, Visa, American Express, or Discover. Care Credit is another payment option.
- ▶ The Payment includes:
  - ▶ Surgeon's Fee
  - ▶ Assistant's Fee
  - ▶ Anesthesiologist Fee
  - ▶ Operating Room Fee
  - ▶ Nursing/Supplies/Medication Fee
  - ▶ Post-operative Visits

**\*\*NOTE\*\*** - The surgeon's fee for any re-operation which may be necessary will be included in this price. Anesthesia and supply fees are not which would be an extra charge if a revision surgery is necessary. Approximately **1/20** patients require a minor revision due to callus formation or scar tissue.

### WRITE DOWN YOUR QUESTIONS.

### BRING THEM TO YOUR PRE-OP APPOINTMENT TO REVIEW WITH YOUR DOCTOR.

*Rhinoplasty nasal surgery is a very complex, artistic endeavor on the part of both the surgeon and the patient. Expect to refrain from professional commitments for about two weeks with occasionally three weeks needed following surgery to accommodate your recovery. Your cooperation in following these instructions is imperative in order to achieve a successful result. We look forward to helping you achieve your goals, whether it is to breathe better, look better, or both!*