

# Paragon Plastic Surgery

## Dr. Bishara's Pre- and Post-Operative Instructions for Rhinoplasty

Prior to coming in to discuss your paperwork, please go to [www.markbisharamd.com](http://www.markbisharamd.com) to view a special animated presentation on Rhinoplasty. You can access this by clicking on your specified surgery on the top menu tabs. In the tutorial, play close attention to the Preparation and Post-Surgery tabs.

Please read these instruction before and after your surgery. Carefully following these guidelines will help you to obtain the best possible results. If you have any questions, do not hesitate to contact me or my office. We want you to have a pleasant and enjoyable experience.

### Preparing for Surgery:

- Avoid aspirin, vitamin E, or any medications containing these compounds for two weeks before surgery. It is in your best interest to stop taking all herbal or nutritional supplements two weeks prior and two weeks after surgery. Many of these supplements interfere with the healing process. You may take extra strength Tylenol for pain and or fever pre-operatively and post-operatively refrain from smoking two weeks before and two weeks after surgery. Nicotine and tobacco smoke delays the healing process.
- Avoid sun exposure two weeks before surgery. Wear sunscreen daily (SPF 20 or greater).
- If you are taking oral contraceptives or hormone replacement you must stop 2 weeks prior to surgery and for an additional 2 weeks after surgery. AS an alternative, consider using safe sex practices such as a condom. If you can not come off of these medications you need to advise us as soon as possible. You will then be required to have a Venous Doppler Scan of your legs prior to the surgical date. This is a preventative measure needed in order to decrease the risk factors for a deep vein thrombosis. If we determine that you fall into a low risk category we leave the decision up to you about stopping your contraceptives or hormone replacement and or obtaining a Venous Doppler.
- Have your prescriptions filled prior to the day of surgery.
- Do not eat or drink anything, including water, after mid-night the night before your surgery.
- Arrange for someone to take you home from the hospital. You will not be allowed to drive or leave alone. You cannot take a taxi or a limousine. Arrange for someone to stay with you for the first 24 hours after your arrival home
- .Arnica Montana. Starting 5 days before your procedure and then continuing 10 days after your procedure, take 4 tablets of Arnica Montana, under your tongue 4 times a day. (DO NOT EXCEED 16 TABLETS A DAY). This will help with swelling and bruising.

### Day of Surgery:

- Do not eat or drink anything including water, the morning of surgery. Medications may be taken with a sip of water.
- Wear loose-fitting clothes that fasten in the front or in the back. Avoid slipover clothing.
- Leave all valuables at home; do not wear jewelry.
- Do not wear any facial make-up. Avoid nail polish.
- You may wear glasses prior to the procedure. Contact lens should not be worn.
- If you wear dentures, or hearing aids keep them in place.

### Post-Operative / Home Care:

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- You will have a cast on your nose, which will be removed in approximately 8 days. The cast holds the newly positioned bones in place and helps to control swelling. Please keep the dressing as dry as possible. Do not disturb the cast. Apply an ice bag to the affected area as tolerated to reduce bruising and swelling. Add crushed ice to a small baggie. Fill with a small amount of water, remove the air and tie off the bag. A ziploc bag would work best. Cover your forehead with a small towel and apply the ice bag to the nose, as much as possible, for 48 hours after surgery. You can remove the bag to eat and to go to the bathroom, walk around your home and to sleep. Otherwise ice your nose as much as possible for 48 hours.
- If the need arises the doctor may put packing inside your nose. Expect that you will have splints on the inside of your nose. Either one or both will be removed in 8 days.
- You will have a drip pad under your nose, until the drainage stops. Change the pad as needed. You can remove this dressing when the drainage dissipates.
- Cleaning of the nostrils and sutures. You can clean the incisional area and the opening of each nostril the day after surgery by gently taking a q-tip and peroxide and applying the peroxide to the affected area. You may then dry the area gently with a q-tip and apply bacitracin ointment with an additional q-tip to the incisional area.
- Breathing: Due to the splints, packing, or swelling, you may not be able to breathe through your nose. You will feel very stuffy. This is normal reaction. You will be breathing through your mouth to compensate for this. It is important that you do not blow your nose for two weeks. You may sniff back forcefully. After the splints are removed your breathing will improve for a period, but you may still have some stuffiness.
- When instructed by your doctor, you may keep the nasal lining tissues moist with saline nasal spray. 2 puffs per nostril. 4-6 times a day.
- Keep your head elevated for the first 48 hours to minimize swelling. Sleeping on a wedge, or at least 2 pillows.
- Ice bags should be applied to the nose for the first 48 hours to minimize swelling and discoloration. It is helpful if you purchase bendable straws for drinking of fluids.
- Swelling. You will have some swelling of the eyelids, nose and occasionally the upper lip. The major portion of the swelling will disappear in 7-10 days. There can be a small amount of residual swelling for up to 6 months.
- Bruising: Some people have very little discoloration where as others have more. This is caused by bleeding under the skin and will disappear within 2 weeks.
- Numbness: The tip of the nose may be slightly numb. In time this will improve and return to normal.
- Bleeding. Some drainage of the blood is expected, in small amounts over the first few days. You may have nose bleeds after the splints are removed and up to two weeks after. DO not panic. There is residual dried blood in your nasal cavity that is crusted and will slough off over time. Your nasal cavities may also be dry. This combination may cause nose bleeds. If this occurs, sit or lay with your head elevated and tipped back. Hold a Kleenex or gauze under your nose to catch the blood. Do not hold pressure on your nose or try to remove the dried blood. The bleeding should stop on its own in 3-5 minutes. If it does not stop, notify the doctor.
- Suture Removal: After the exterior sutures are removed, you may feel the underlying layers of sutures. These sutures will dissolve over time.
- Activity: Avoid lifting, bending over, straining, or extreme physical activity. Avoid excessive facial movements for one week. Do not wear regular glasses or sunglasses that rest on the bridge of your nose until instructed. We will instruct you on how to tape glasses to your forehead to avoid pressure on your nose. Contact lens may be worn.

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- Take only liquids or very light foods the day of surgery. Start with liquids. If you are hungry and not nauseated, you may progress to light foods. Avoid foods that require prolonged chewing. Nausea is a common side effect of anesthesia and will resolve in 6-8 hours. If you feel nauseated, do not eat any solid foods. You may drink small amounts of clear liquids.
- Pain medications: Take 600 mg. of Motrin with dinner the day of surgery and 200 mg. of Motrin 3 times a day with meals for the first 3 days after surgery. Take the prescribed medication as needed for additional pain relief.
- The first post-op visit: Depending on the nature of your surgery, you may have sutures, internal splints, or an external case to be removed. This may be painful. You need to have someone drive you to the appointment as you may feel weak afterwards.

## **Make sure you take your pain medications prior to dressing changes and suture removals.**

- Constipation: It is recommended that you purchase Colase, an over the counter stool softener, and take as the package directs. If you do not have a bowel movement by day 4 after the surgery you can take Dicolax, an over the counter laxative. Drink plenty of water throughout the day.
- Depression: Some patients experience a brief period of “let-down” or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better “instantly,” even though they rationally understand that this may not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear. Understanding that depression is a natural phase of the healing process may help you to cope with this emotional state.
- Please notify the doctor if you have excessive bleeding, extreme swelling, increase fever, pain that is not relieved by your pain medication, shortness of breath (if you can not take in a deep breathe) or chest pain, tenderness or cramping in the calves.
- It is natural to be apprehensive about the final appearance and outcome from your surgery. Cast and splints as well as swelling distort the appearance of your nose. After the cast is removed, it takes weeks to months for the skin to re-drape over your nose and the swelling to decrease. Your final result may not be seen for about 9 months. Do not panic about your appearance. If you have concerns please feel free to call the office. We are here to reassure you, and if necessary we will make time for you to come in and see the doctor to address your concerns.
- Please call our office at (817)-473-2120 with any significant concerns or questions.