



*Jeffrey S. Epstein, M.D., FACS*

**Pre and Post Operative Instructions for Rhinoplasty/Septorhinoplasty**

*It is important that you understand the nature, goals, potential complications, and limitations of this procedure which are explained to you during your consultation. Your adherence to the following instructions will help assure you get the very best results. If you have any questions, please do not hesitate to ask.*

**Pre-Operative Instructions:**

- **Two weeks prior to your procedure:** do not take Aspirin, Vitamin E, ginkgo biloba, or any multivitamins (as these contain vitamin E). Many medications also contain aspirin, so please be sure to read all medication labels.
- **Three days prior to your procedure:** do not take any anti-inflammatory medications (e.g. Ibuprofen) and avoid drinking alcohol.
- **Avoid excessive sun exposure** for five days prior to surgery.
- **Defer social and business plans** wherein you feel the need for good appearance for approximately eight days after surgery.
- **Call the office if you have any illness or cold symptoms before your procedure.**
- **Take nothing by mouth, not even a sip of water, after midnight the night before your surgery.** The exception is if you take regular medications, do so with only a sip of water, unless instructed otherwise.
- **Do not wear contact lenses** on the morning of your surgery, only glasses if needed.
- **Make arrangements for transportation** from the office for after your procedure. Someone must be with you to drive you home after surgery and stay with you until the next morning.
- **For best healing,** please refrain from smoking for one week prior and one week after surgery.
- **If you are traveling from out of town,** please make the necessary arrangements for your hotel, flights, and transportation. Our office is here to assist you with your accommodations and we have a list of recommended hotels near the office.
- **To accelerate healing, Vitamin C,** 1000 to 2000 mg a day, should be started one week prior to your surgery. Also, to reduce the incidence of bleeding during surgery, **Vitamin K,** 50 to 80 micrograms a day, can be taken, starting three days before surgery and continuing for two days after.

\_\_\_\_\_ (Please initial)

**Post-Operative Instructions:**

- **Sleep with your head elevated** on three pillows for two days after surgery.
- **A bag of frozen peas** should be applied to the eyes continuously for the first two days after surgery to reduce bruising. Another very effective cold dressing is the repeated application of gauze that has been soaked in ice with just a bit of water.
- **Change gauze dressing beneath the nose** as needed. Moderate bleeding is normal for the first two days, causing the gauze to become saturated. After the second day, you can expect some light blood-tinged drainage from the nose for several days.
- **Try to be up and about** as much as possible as this will help keep swelling to a minimum.
- **Eat a soft diet and avoid alcohol and cigarettes** for one week after surgery.
- **Do not blow or manipulate the nose** for ten days. Sneeze with your mouth open.
- **Bathe or shower** in a way that the nasal dressing does not get very wet. You may gently clean around the nostrils with hydrogen peroxide on Q-tips after the third day.
- **Contact lenses** may be worn as soon as is comfortable. Glasses may be worn over the splint, but after its removal, Dr. Epstein will advise you not to wear them for 6 weeks in most cases.
- **Make-up** may be applied as soon as the third day after surgery.
- **Avoid direct sun exposure** for six weeks to speed up the resolution of the swelling. If you must be in the sun be sure to wear a hat.
- **Light exercise can be resumed** at one week, full exercise at ten days. Avoid contact sports, diving, or other activities that may result in trauma to the nose for two months. It takes almost two months for the bones to fully set and not be displaced fairly easily.
- **Breathing should be relatively clear** as soon as the next day in many patients. When work is performed inside the nose, however, there can be some obstruction for as long as several weeks. Plain saline spray can be used as often as every hour starting the second day to help keep the nose clear. Sniff in the saline, but do not blow out for the first week.
- **The Bactroban ointment** (prescribed to you) should be applied to the inside and bottom of the nose three times a day, using a Q-tip, starting the first post op day.
- **Topical Arnica gel** can help reduce bruising post op. The oral Arnica can also sometimes be useful.

\_\_\_\_\_ (Please initial)



**Note the following:**

- Nasal packing is not used by Dr. Epstein in the majority of rhinoplasty surgeries. However, if used, it is removed within a day or two after surgery.
- The splint is removed within four to six days after the procedure and then tape is worn on the nose for two to three days.
- If you experience a temperature above 101.5 or sustained nasal bleeding, please call the office or Dr. Epstein.
- It has been explained to you that a choice of anesthesia provider exists.

The Florida offices of the Dr. Jeffrey Epstein are regulated pursuant to the rules of the Florida Board of Medicine as set forth in the Rule Chapter 64 B8 FAC.

*Please do not hesitate to contact the office with any questions or concerns you have. After hours and on weekends, Dr. Epstein can be reached by texting or calling (305) 310 – 6361. The entire office staff is here to help you and make sure your procedure course, pre and post, goes as smoothly as your procedure*

***IN CASE OF ANY EMERGENCY, PLEASE DIAL 911***

*I, \_\_\_\_\_, acknowledge receipt of three pages of these instructions.  
(Print name)*

\_\_\_\_\_  
*Patient Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Witness (print name)*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Witness Signature*

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*Date*