



DR. ROBERT HOUSER
COSMETIC & PLASTIC SURGERY
OF COLUMBUS, INC

495 Cooper Road, Suite 217 · Westerville, OH 43081

Phone: 614.890.5565 · Facsimile: 614.890.5561

Diplomat, American Board of Plastic Surgery

Member, American Society of Plastic Surgeons

www.Drroberthouser.com

RHINOPLASTY (NOSE) SURGERY INSTRUCTIONS

Before Your Operation...

1. No aspirin or medicine containing aspirin and no Vitamin E for 2 weeks before surgery, since they can interfere with normal blood clotting. **If needed, use Tylenol instead of aspirin.** (If in doubt, check with the office.)
2. **Smokers should cut down to no more than 3 or 4 cigarettes a day for 3 days before surgery. This includes use of nicotine in any form (tobacco, nicotine patches or gum.) Smoking irritates nasal passages and causes coughing, which might bring on a late nose bleed several days after your operation.**
*****WARNING: Smoking may cause poor or delayed healing - even death of skin (gangrene) in addition to lung complications and bleeding.**
3. Report any signs of a cold or infection appearing within 3 weeks before your surgery.
4. **If you take medication of any kind, call the office to check with Dr. Houser or his nurse about instructions for the day of surgery.**
5. Arrange for a responsible adult to drive you to your home, hotel or motel after surgery.
6. Complete financial arrangements with the Office Manager including any payments due before surgery.
7. If you have any questions before your operation, call (614) 890-5565 weekdays between 9:00 a.m. and 5:00 p.m.

Day of Surgery...

1. **Do not eat or drink anything after midnight the night before your surgery unless instructed otherwise by Dr. Houser.**
2. No makeup please.



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3. Wear comfortable, loose fitting clothes which do not have to be put on over your head. No pantyhose please.
4. **You must have a family member or friend drive for you after surgery.** Upon arrival at the facility, give the nurse your driver's name and phone number, as well as address and phone number where you will be the night after surgery.
5. **You must have a responsible adult spend the first 24 hours with you.** Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly, therefore bring appropriate prescription cards with you.
6. Arrive at the facility at the time recorded on your surgery confirmation sheet.

After Your Surgery...

1. Bed rest with 2 pillows for 24 hours.
2. You may go to the bathroom with assistance.
3. Take medications according to instructions on the bottle. Have someone else give you your pain medicine according to the correct time intervals, since under its influence, you might forget and take it too often. **Do not mix alcohol and pain medicine.**
4. Eat a soft diet requiring little or no chewing. Drink lots of liquids and avoid very hot foods or liquids.
5. Apply *COLD* compresses to the nose the first 24 hours. This helps control swelling and bruising. **No hot or warm compresses.**
6. You can expect:
 - Initial nose bleed for about 4 hours. Change "drip pad" gauze under your nose as needed.
 - Moderate discomfort. Use pain medicine (see number 3 above)
 - Swelling and black and blue around your eyes, sometimes more 2 to 3 days after surgery than on the first.
 - Blood-shot "whites" of your eyes.
7. Call (614) 890-5565 if you have:
 - Severe pain not responding to pain medication.
 - Prolonged profuse bleeding (soaking more than 5 drip pads per hour after 4 hours.)
 - A fever over 100 degrees F.
8. During the first week following surgery:
 - Avoid a lot of visitors.
 - Do not bend your head down.



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- Do not strain or do anything which requires significant effort.

9. No smoking for 7 days after surgery because it irritates the lining of the nose and causes coughing, both of which could bring on a late nose bleed.

10. No alcohol or nose drops for 10 days after surgery.

11. Do not blow your nose for 2 weeks after surgery. After the first week you may gently cleanse your nostrils with a moist Q-tip.

12. You may wash your hair on the day after surgery providing you have someone help you wash it in the face-up position. **DO NOT** bend your head forward. You may blow your hair dry with a warm hand dryer or sit under a cool dryer.

13. You may wear makeup providing it does not interfere with the splint or tapes.

14. If you happen to need to sneeze, sneeze with your mouth open.

15. Avoid sports and other strenuous activity for 4 weeks.

16. Avoid prolonged exposure to the sun and/or heat for 3 months to prevent prolonged swelling.

Feel free to call us any time. We want you to be as comfortable as possible during your healing period.

Office Visits...

First: 1 or 2 days following surgery if Dr. Houser thinks it is necessary to see you soon. Otherwise...

Second: Approximately 1 week later.

Subsequent: Will be determined by Dr. Houser.