



LAWRENCE M. KOPLIN, M.D., F.A.C.S.
— AMERICAN BOARD OF PLASTIC SURGERY —

NASAL SURGERY INSTRUCTIONS

(310) 277-3223

BEFORE SURGERY

1. **ASPIRIN:** **AVOID TAKING ASPRIN, IBUPROFEN, OR ASPIRIN-CONTAINING COMPOUNDS FOR TWO WEEKS BEFORE AND AFTER SURGERY.** Be careful; many medications sold over the counter contain small amounts of aspirin. Aspirin interferes with coagulation and can cause excessive bruising or bleeding after the operation. Please read the document “Medications to Avoid Before and After Surgery”.
2. **ALCOHOL:** Avoid drinking alcohol for 48 hours before surgery. Alcohol interferes with some of the medications that are given during and after surgery.
3. **SMOKING:** Smoking is **absolutely not permitted** for at least **FOUR WEEKS** before or after surgery; if this seems unusually cruel and unfair, please discuss with me personally; **it is that important!**
4. **SUN EXPOSURE:** Do not burn or tan your nose for **two weeks** before surgery.
5. **SKIN CARE:** Continue your regular skin care routine. Please wash your face thoroughly before retiring the night before surgery. Do not wear makeup or moisturizer on the day of surgery.
6. **MEDICATIONS:** Continue to take your routine medications until the day of surgery. Please check with the office to determine if these medications should be taken the morning of surgery.
7. **ATTIRE:** Wear a comfortable, loose-fitting shirt or warm-up suit that buttons or zips. Do not wear any panty hose or high-heeled shoes. Do not wear contact lenses of any type to surgery.
8. **VALUABLES:** The Surgical Facility is not responsible for any valuables; therefore, we suggest you remove all types of jewelry and leave them at home. Please do not bring a purse on the day of surgery, but bring a credit card so we may call in any necessary prescriptions or if you are staying at an after care facility.
9. **ANESTHESIA:** Our anesthesia provider will be calling you on the evening prior to surgery. Patients find it a good opportunity to chat and ask questions regarding their anesthesia, and tend to be more relaxed the following morning. Please try to be home to receive the phone call; if not, let us know where you might be reached.

10. **HEMOCARE:** When you arrive on the day of surgery, the nurse will ask you for the name and phone number of the friend or family member who will be taking you home after surgery. You must not spend the first night alone. Further instructions will be given to whoever takes you home.
11. **ILLNESS:** If you become ill or develop any signs of infection on the area to be treated, **please notify the office at once.**
12. **DIET: DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE NIGHT BEFORE YOUR SURGERY**

AFTER SURGERY

1. **ACTIVITY:** On the day of surgery, remain in bed. You are allowed up to use the bathroom with assistance and for meals.
2. **DIET:** Begin with cool clear liquids. You may advance to a cool, soft diet later that day as tolerated. Avoid hot, steamy liquids or foods for 72 hours after surgery.
3. **DRESSING:** Do not remove the tape or splint from your nose. You may change the “moustache” dressing as often as necessary. Expect a small amount of bloody drainage for two to three days. If brisk bleeding occurs, contact the office at once. The splint and tape will be removed in the office approximately one week after surgery.
4. **COOL COMPRESS:** Cold compresses must be applied over your eyes the day of surgery and the entire following day. We will provide you with gauze, saline and instructions. Many patients prefer to use small “beanbags” made from frozen peas tied into baggies and stored in the freezer. Expect bruising under the eyes to last 7-10 days.
5. **SNEEZING AND BLOWING YOUR NOSE:** Do not attempt to “hold back” a sneeze. If you do sneeze, open your mouth to prevent buildup of pressure in your nose. Please try not to blow your nose for two weeks following surgery.
6. **SLEEPING:** Sleep on your back or sides. **Elevate your head on two or three pillows to minimize the swelling which routinely occurs; continue for 4-5 days.** Because nasal breathing will be difficult for several days, your mouth will tend to become dry at night. Place a humidifier next to your bed and keep it on at all times. Keep a glass and pitcher of fresh cool water next to you as well.
7. **ALCOHOL AND ASPIRIN:** Do not drink alcohol for at least 48 hours after surgery. You should not consume any alcohol while you are still taking medication for pain or sleep. Do not take aspirin or aspirin-containing compounds for **two weeks** following surgery.
8. **MEDICATION:** Antibiotics are to be taken for several days after surgery, to prevent infection. You will also be given medication for pain and sleep. These are not necessary unless you need them, and

should be only required for a few days. Resume your routine medications on the day after surgery.

9. **HYGIENE:** Do not shower for the first week after surgery. You must not wet the splint or tape on your nose. You may take a bath; your hair can be washed in a sink with your head tilted back. You may brush your teeth immediately after surgery; do not be too vigorous when brushing the upper teeth.
10. **DRIVING:** Do not drive until instructed to do so; usually **5-7 days** after surgery. **You may not drive while taking pain medication.**
11. **SMOKING:** No smoking for **FOUR WEEKS** after surgery (no cheating!)
12. **TRAVEL:** You may not fly for **ten days** after surgery.

LONG TERM INSTRUCTIONS:

1. **GLASSES:** Do not wear glasses for **SIX WEEKS** after the surgery. **Glasses can move the bones while they are healing!** You may wear contact lenses as soon as the initial swelling subsides (5-7) days after surgery. If you must wear glasses or sunglasses, the office will provide tape to secure the frames to your forehead so they never rest on the nose.
2. **SUN EXPOSURE:** Do not burn or tan your nose for **THREE MONTHS** after surgery. If you are planning to be in the sun for a prolonged period of time, use a sunscreen with an SPF of at least 15+, and wear a hat.
3. **EXERCISE:** Strenuous activities (running, aerobics, weight training, swimming, tennis, etc.) must be avoided for **three weeks** after surgery. You may walk after **three days** and use a stationary bike, Stairmaster, or walking treadmill after **two weeks**. Do not participate in “ball-related” or contact sports for at least **SIX WEEKS**.
4. **HYGIENE:** After **one week**, you may clean the crusts which may form using a Q-tip, hydrogen peroxide (or plain water), and polysporin ointment. Don’t pick! Your nose may be “stuffy” during the early weeks. Be patient: this will subside. Do not use nasal sprays of any kind.
5. **SWELLING:** Is to be expected. Most of the swelling (about 80%) subsides after **three months**. It may take at least a year to see the absolute, final result.

**FOR ROUTINE QUESTIONS, A NURSE OR PHYSICIAN WILL BE AVAILABLE TO
SPEAK WITH YOU WEEKDAYS BETWEEN 9 AM AND 6 PM.**

FOR EMERGENCIES, TELEPHONE ANY TIME DAY OR NIGHT.