

GUIDELINES FOR CLOSED RHINOPLASTY

PRE-PROCEDURE

1. There are a number of over-the-counter supplies you should obtain prior to your surgical date. All of these can be purchased at your local pharmacy. These include:
 - a. Saline nasal spray. For example, Ocean Spray.
 - b. Quality-tips, or Q-tips.
 - c. A small bottle of 3% hydrogen peroxide.
 - d. A tube of Bacitracin ointment. We recommend you avoid Neomycin.
 - e. A pack of 4x4 gauze.
 - f. A roll of ½ or 1-inch medical paper tape.
2. Avoid all medications listed on our current 'Restricted Medications' list for at least 14 days prior to your surgery. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery. If you have any questions regarding medication use, please contact our office.
3. Dr. Hilinski typically provides you with a prescription for postoperative medication (narcotic pain reliever) prior to your surgical date. If a prescription was not provided, contact our office to have one sent to your local pharmacy. This medication should be picked up **before** your scheduled date so that you have it immediately available after leaving the center.
4. You must arrange for proper and timely transportation to and from the surgery center. Typically you will need to arrive one (1) hour prior to your scheduled surgery time, but confirm this time with the staff. Your ride home must be with a responsible adult. You cannot take a cab, Uber, Lyft, or equivalent.
5. Be prepared to have a responsible adult remain with you for at least the first 24 hours after surgery to assist with your needs. If you don't have a trusted individual to stay with you, we can assist with hiring a professional caretaker in advance. But, this will be at your expense.
6. Do not apply any make-up, face creams, or moisturizers on the day of surgery. You should dress in comfortable, loose-fitting clothing – preferably a button-down shirt. Please do not bring any unnecessary valuables with you to the office.
7. Nail polish must be removed to allow for proper monitoring of your oxygen levels. Acrylic nails must be removed from at least 2 fingers (1 on each hand) to allow for proper oxygen monitoring.
8. You should remove ALL piercings from your body.
9. You must avoid eating and drinking (including water) after midnight the night before your scheduled surgery date.

AFTER CARE

1. When you leave the center, your nose will be bandaged. Leave these bandages alone and do not let them get wet or soiled.
2. You will also have a dressing under the tip of the nose (across the upper lip). This is a drip pad intended to help capture any drainage from the nose. You may change the drip pad as needed if it becomes too saturated. Of note, a slight amount of bleeding and/or oozing is normal during the first 2-3 days. It is not unusual to have to change the drip pad several times during this period.
3. Cleaning the nose after surgery is critical for achieving an ideal result. If you fail to do this properly, it is your fault. If you have questions regarding this, please inquire in advance of your surgery date.

4. For a closed rhinoplasty you will need to clean the inside of the nostrils (and along the outside of the nostril base if this area was narrowed). This should be done 2-3 times per day. Do NOT attempt to clean more frequently. If you do, it can lead to unwanted breakdown of the incision line along with infection.
5. The following should be done during each cleaning session:
 - a. Use a Q-tip dipped in hydrogen peroxide to first gently, but thoroughly, clean the sutures (stitches). Normally you can dilute the over-the-counter hydrogen peroxide 1:1 with clean water. The cleaning process should involve any visible sutures, including those that may be along the outside base of the nose. This also includes the sutures along the inside lining of both nostrils (inside the arch of the nostrils). You should insert the Q-tip inside of the nostril up to the end of the cotton applicator tip to ensure proper cleaning. You should avoid moving or manipulating the nose while cleaning it. Mechanical trauma can lead to complications. A gentle swipe of the saturated Q-tip along the sutures will help remove blood and debris that would, otherwise, accumulate. **YOU DO NOT WANT ANY SCABBING TO OCCUR INTERNALLY OR EXTERNALLY.** The endpoint of this step is to not allow anything to accumulate along the sutures.
 - b. Dry the peroxide with a clean, dry Q-tip.
 - c. Apply a generous layer of Bacitracin ointment using a Q-tip.
6. If you have white plugs in your nostrils, these can be removed at home in 48 hours using a tweezers. It is easiest to grab the top or bottom of the plug. A gentle tug will allow them to slide out easily. While the plugs are in place, you obviously cannot readily clean the inside of the nostrils with the Q-tips. You can, however, clean any visible suture(s) along the outside of the nose and should do so.
7. Once the plugs have been removed (or if they were not placed), begin spraying saline solution into each nostril five (5) times per day to rinse the inside of the nose and keep it from drying out or scabbing. You will continue this routine for at least several weeks after surgery.
8. If an ear graft or temporal fascia graft was performed, make sure to apply Bacitracin ointment to these incision lines three times per day. Be careful to avoid pulling the ear forward when placing the ointment. You do NOT need to clean these incisions with hydrogen peroxide.
9. Do NOT blow your nose - especially after the rinsing routine noted above – until cleared to do so.
10. If you sneeze, open your mouth to divert the airflow away from the inside of the nose. You should continue to do so for 3-4 weeks after the surgery.
11. Do NOT apply any pressure on the nose unless specifically recommended by Dr. Hilinski.
12. Do NOT apply any cold compresses.
13. Do NOT wear any glasses (including eyeglasses and sunglasses) until cleared by Dr. Hilinski.
14. Sleep with the head elevated 20-30 degrees. Use a travel pillow or place pillows on both sides of the head to avoid accidentally turning over on your nose.
15. Do NOT get the cast and/or tape wet at all. Showering from the shoulders down is fine as of the following day. If a rib graft was harvested as part of your surgery, you should wait until 48 hours after the surgery to shower from the shoulders down.
16. Start with a liquid or soft diet during the first 1-3 days and transition to a normal diet thereafter.
17. Avoid any strenuous and/or vigorous activity until cleared by Dr. Hilinski.
18. Begin taking the pain medication as directed. It may take several dosages of the pain medication before you feel the full effects taking place.
19. Continue taking Arnica as directed for another week after surgery.
20. Continue to refrain from using any medication on the 'Restricted Medications' list for at least one week

after surgery.

21. Avoid application of makeup on the nose until cleared by Dr. Hilinski. Even when cleared, caution should be used when applying and removing makeup to avoid mechanical trauma to the nose.
22. You should avoid sun exposure to the nose for upwards of 8 weeks after surgery.

QUESTIONS?

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.