



NORTHEAST PLASTIC SURGERY  
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## **Rhinoplasty**

### Pre-operative Instructions

- ▶ Your scheduled surgery date is \_\_\_\_\_.
- ▶ Your procedure will be performed at \_\_\_\_\_.
- ▶ You should call Surgical Booking at \_\_\_\_\_ one business day prior to your scheduled procedure to determine as to when to arrive to the facility.
- ▶ Labwork has been ordered for you in preparation for your surgery, which may include an EKG and/or a chest X-ray as well. Please complete all tests at least 2 weeks prior to your procedure, but no more than 4 weeks before your scheduled surgical date.
- ▶ If you smoke or use any other nicotine products (including the patch or gum), please stop at least 6 weeks prior to surgery. You should refrain from nicotine products for at least 6 weeks following your surgery as well. Smoking reduces circulation and can therefore result in wound healing impairment. Please inform your surgeon if you have been exposed to smoke or nicotine within 6 weeks of your surgery.
- ▶ Avoid the following anti-platelet agents for 7-10 days prior to your surgery, including, but not limited, to: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol, fish oil, herbals, and supplements including those containing Vitamin E, and for 1 week following your surgery, as they result in a higher risk of bleeding.
- ▶ If taking the following blood thinners or anti-platelet agents, please notify your surgeon AND contact the provider managing such medications as soon as possible to obtain instructions if and when you should stop the medication prior to surgery, and which alternative medications may be used in the interim: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xarelto, Eliquis, or Brilinta.
- ▶ Avoid alcohol for at least 48 hours prior to your surgery.
- ▶ You have received a prescription for \_\_\_\_\_ as an antibiotic , \_\_\_\_\_ for post-operative pain relief, and \_\_\_\_\_ for nausea. Please plan to take Colace post-operatively to limit constipation. Please fill these prescriptions at least 1 week prior to your surgical date. In addition, please obtain a bottle of hydrogen peroxide and a bottle of nasal saline drops for use post-operatively.

- ▶ Bring all of your prescribed and regularly used over-the-counter medications with their original bottles to the facility on the day of surgery.
- ▶ Please purchase 4"x4" gauze sponges from your local pharmacy prior to your surgery, as you will need them for your post-operative care.
- ▶ Do not shave any areas to be treated for at least 3 days prior to your operation.
- ▶ Do not eat or drink anything starting at midnight on the night before your surgery. If discussed at your pre-op visit, you may be able to take selected medications with a sip of water on the morning of your surgery. Please refer to the additional instruction sheet if you are on medical weight loss treatment.
- ▶ You may shower the morning of your surgery. Do not apply any moisturizers, makeup, deodorant, or perfume.
- ▶ Remove all jewelry, rings, necklaces, and piercings, prior to your operating room visit. Leave all non-essential valuables at home.
- ▶ Avoid wearing contact lenses to your operating room visit.
- ▶ Wear comfortable clothing that is not too tight to the hospital on the day of your surgery. These clothes have the possibility of getting dirty. Shirts with buttons and loose-fitting pants are often easiest to get on and off.
- ▶ Arrange for appropriate transportation in advance surgery, as you are required to have a family member or friend bring you to and from the facility, before and after your surgery, as you will be unable to safely transport yourself home post-operatively.