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### What is Rhinoplasty?

Rhinoplasty, nose surgery improves the appearance and proportion of your nose, enhancing facial harmony and self confidence. Surgery of the nose may also correct impaired breathing caused by structural abnormalities in the nose.

### What is Septoplasty?

Septoplasty is a surgical procedure to correct a deviated septum — a displacement of the bone and cartilage that divides your two nostrils. During septoplasty, your nasal septum is repositioned. This may require your surgeon to cut and remove parts of your septum before repositioning it in the proper position.

## PREOPERATIVE INSTRUCTIONS

1. Quit smoking
  2. No food or drink (including water) for 12 hours prior to surgery.
  3. Before coming to the hospital, wash the surgical area with any bath soap. Wear no make-up. Dress comfortably. Women: Do not wear any pantyhose.
  4. *IMPORTANT*: no aspirin, ibuprofen products prior to surgery. Remind the doctor of any allergies you have to drugs.
  5. Please have all prescriptions filled prior to surgery. Antibiotics should be started the day before surgery.
  6. *All* patients that have IV sedations require someone to drive them home after surgery.
  7. Do *not* operate any vehicle or any other equipment for 24 hours following your surgery.
  8. Bring insurance or medical cards on the day of surgery.
  9. If your insurance requires a referral, please obtain this several days prior to your office visit.
  10. If your patient is a minor, a parent or guardian **MUST** be present to sign the operative consent the day of surgery.
  11. Non-cosmetic patients: Check with your family doctor to see if they would prefer you to have the pre-op testing done in their facility. Pre-op testing should be done three weeks prior to your surgery.
  12. If you have any questions, please feel free to ask.
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# RHINOPLASTY & SEPTOPLASTY NASAL SURGERY



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Amelia Arianne Pare' M.D.  
123 Hidden Valley Road  
McMurray, Pa. 15317  
Phone: 724-941-8838  
Fax: 724-941-8878

## How should I prepare for surgery?

Do not sunburn or over expose to sun 2 weeks prior to surgery.

No aspirin or aspirin containing drugs may be used. Tylenol may be used in substitute.

Avoid alcohol at least 24 hours prior to surgery.

No food or liquid after midnight the night before surgery. These precautions are necessary for anesthesia.

Advise the doctor of any significant medical problems that affect your health e.g. high blood pressure, angina, heart failure or arrhythmia, diabetes, skin abscesses, kidney or respiratory infection, etc.

Make arrangements for transportation to and from the hospital. A responsible adult must stay with you for 24 hours after anesthesia.

Wash face the evening prior to surgery. Do not apply makeup or wear any jewelry on the day of your surgery. Do not apply creams or cosmetics.

Please purchase a bottle of **Alkalol** from the drugstore for decongestion after the surgery (when the nasal packing has been removed). (It may be purchased without a prescription). Spray the Alkalol into the nose in the place of Afrin; Alkalol is not addictive.

Have on hand ice bags, non-sterile gauze sponges, Neosporin, and fluids such as Gatorade and juices for after surgery.

Arnica may be used to prevent bruising and may be ordered by calling 724-942-5800 or by visiting Sunny Bridge Natural Foods in McMurray. Use Arnica by taking 4 tablets 4 times a day for 1 week and can be started 1 day prior to surgery.

Notify our office if you have an active blemish on or around the nose/mouth area or a cold sore.

Complete all pre-testing and lab work 3 weeks prior to your surgery.

Fill your prescriptions prior to your surgery. These will be taken after the procedure, unless otherwise ordered. They maybe called into your pharmacy.

Pain medication is prescribed to alleviate your discomfort.

You may consider Zofran ODT to prevent nausea. Your insurance may not pay for it. Ask the doctor for a prescription.

If you think you may have difficulty sleeping, Tylenol PM may be used.

If you care for family or pets, please make arrangements to have assistance for the first 7 to 10 days.

Antibiotics will be prescribed. Please alert the physician of any allergies to medications. You may want to begin taking yogurt with active cultures daily following surgery to prevent yeast infections.

Comfortable, loose fitting pajamas and clothing are recommended following surgery. Button up front shirts are preferable to pulling them over your head.

### What Should I Expect The Following Day After Surgery?

You may feel as though you have more energy as the anesthesia wears off.

You may only lift items that are 2-3 pounds or less, such as a small purse for several days.

Salmon colored drainage is normal. Do not remove the tan steri-tape. If it begins to lift from the skin and curl, you may gently trim these loose tape edges.

Report to the office: Any excessive pain, any rise in temperature over 100 degrees, chills, excessive bleeding, infection around the skin of the face, or injury to nose.

Do not place any pressure directly over bridge of nose—a bag of frozen peas or corn works well—wrap the bag in a towel to avoid direct contact with skin.

Take medications as directed. No aspirin or aspirin containing drugs for 2 weeks.

You may clean inside nostrils with hydrogen peroxide several times a day with a Q-tip and apply Neosporin at bedtime.

A cool mist humidifier may be helpful to facilitate breathing, especially if patient is mouth breathing due to nasal tissue swelling or packing.

Change gauze dressing beneath nose as needed to catch drainage. You may remove it if there is no drainage. Gentle oozing from the nose is normal and anticipated during the first 72 hours. If uncontrolled bleeding occurs, call the doctor at once.

Do not sneeze through your nose, blow your nose, or engage in any contact sports. If you feel the need to sneeze, leave your mouth open and “cough-sneeze” through your mouth.

The doctor may remove the nasal packing at the first postoperative visit 2-3 days later. Should the packing extrude from the nose or into the throat, please call the doctor.

A liquid or soft diet is generally necessary during the first 2-3 days post surgery.

Ice compress on the eyes will reduce swelling and soothe the eyes. Placing a large bowl with ice and water at the bedside and dipping a clean washcloth or gauze in water as necessary may easily accomplish this. This may be placed intermittently in the freezer. Apply for the first 48 hours postoperatively. Compresses may be removed to eat or when walking to the bathroom and for sleep.

REST is very important for the first several days post surgery. During the first 72 hours after surgery a family member or friend is generally needed to assist you with meals, bathroom and dressing changes.

Sleep with head elevated on at least 2 pillows as comfortable. Tub baths only. Keep nasal dressing dry.