



SEPTOPLASTY, RHINOPLASTY AND NASAL VALVE SURGERY: PRE-OP INSTRUCTIONS

Activities to AVOID prior to surgery

- Patients who smoke should discontinue smoking 1 month prior to surgery, and for 2 weeks following surgery to improve healing time.
- Avoid the use of tanning beds, sun lamps, and over-exposure to the sun for at least 1 week prior to surgery.

Substances to AVOID prior to surgery

- No Aspirin, Aspirin-containing compounds, nor NSAIDS for 2 weeks prior to surgery. This includes Excedrin, Bufferin, Aleve, Motrin, and Ibuprofen. Tylenol can be used.
- Stop Fish oil, Vitamin E, and Omega 3 supplements as well.
- Any medication taken within a 2- week period to surgery, including over the counter products, must be approved by the doctor's office.
- No alcoholic beverages for at least 48 hours prior to surgery.

Preparing for the Day of Surgery

- Do not eat or drink anything after midnight the night before your surgery (including chewing gum, Lifesavers, breath mints, hard candy, etc.) unless otherwise instructed.
- You will be instructed to start on a multivitamin and Arnica supplement 7 days prior to surgery and will continue this for 7 days post -op.
- Wash your face thoroughly the night before and the morning of surgery with a gentle perfume- free cleanser. Do not apply anything on your face after it has been washed.
- Men should shave closely the day of surgery, particularly the upper lip area. Men with moustaches do not need to remove the moustache unless instructed by the doctor.
- On the day of surgery, remove all false eyelashes, wigs, hairpieces, and jewelry. Please wear a shirt that buttons up the front.
- **Patients must arrange for someone to drive them the morning of surgery and home after the surgery. It is imperative that you are not alone the night of your surgery.**

Illness before your day of Surgery

- Please contact us immediately for instructions if you develop a cold sore or fever blister. None of these would prevent surgery from being performed, but we may want to give you some additional information.

What if I get COVID before surgery?

- If you test positive for COVID, please let us know immediately so we can make arrangements to reschedule your surgery. This is necessary for your safety and the safety of the entire surgery team (who would be in very close proximity to your face for as long as 4 hours.) Excessive coughing and/or breathing difficulties after surgery of the nose can be dangerous for you and detrimental to the surgery outcome.

Please notify us immediately if you need to postpone your surgery, so that we may fill the vacancy in our schedule and reschedule your surgery.