

PRE-OPERATIVE INSTRUCTIONS FOR RHINOPLASTY PATIENTS

- Please report to the office no later than (_____) on the morning of surgery (_____).
- **DO NOT** take any Advil, Motrin, blood thinners, aspirin or aspirin by products for 5 to 7 days before the surgery. (Products such as Alka Seltzer, Anacin, Bufferin Excedrin, Darvon, Fiorinal may contain aspirin.) Tylenol is acceptable.
- **DO NOT** eat or drink anything after midnight the night before your procedure **OR** the morning of your procedure. This includes water, coffee, tea, juice, or soda. **DO NOT** chew gum, or eat mints or candy. **Your surgery WILL BE CANCELLED if you fail to follow these instructions.**
- If you take daily medication(s) in the morning, take them as usual with as little water as possible.
- **STOP ALL** dietary supplements (i.e. vitamins, herbal remedies, etc) two weeks prior to surgery. Dr. Shekman will let you know at your first pre-operative appointment when you may resume taking them again.
- **YOU MUST STOP SMOKING FOR TWO WEEKS BEFORE AND TWO WEEKS AFTER THE PROCEDURE.**
- Shower well and shampoo your hair thoroughly the night before **OR** the morning of surgery.
- **DO NOT use any cosmetics, lotions or powder on your face the morning of surgery. DO NOT use any hairspray on your hair the morning of surgery. DO NOT wear contact lenses.**
- Wear comfortable clothes and low shoes, such as loafers or sneakers. Wear a top that zips or buttons up the front. Please leave all jewelry at home including all body piercings. **ABSOLUTELY NO high heels or platform shoes.**
- You **MUST** have someone accompany you to the procedure. This person must be available for the duration of your procedure. You **CANNOT** be sent home in a cab unless you are accompanied by a responsible adult.
- Arrange for someone to assist you at home for one to days after the procedure. There will be **NO** cleaning, cooking, straining or lifting anything over five pounds.
- We recommend that you try to take 5 – 7days off from work to recover.

Failure to cancel your surgery appointment within 15 BUSINESS days will result in the loss of your surgery deposit.

These instructions have been reviewed with me and I understand my obligations prior to surgery.

Signature

Date

POST OPERATIVE INSTRUCTIONS FOR RHINOPLASTY PATIENTS

- You will leave the office with bandages and dressings on your nose. **DO NOT REMOVE THESE!** The doctor will remove these at your first follow-up visit.
- The morning following your surgery gently remove the packing from your nose using tweezers.
- Please refrain from ALL strenuous activity until the doctor has seen you at your first post operative visit.
- Refrain from doing housework such as cooking, cleaning, vacuuming, etc. for the first 3 days after surgery.
- **DO NOT LIFT ANYTHING HEAVIER THAN 5 LBS.**
- Please try to avoid coughing and sneezing as much as possible.
- You **CANNOT** shower or wash your hair until after your first post operative visit. Sponge baths are fine. The doctor will discuss this more with you the day of your surgery.

**If you have any or have questions, or concerns please call the office.
Dr. Shektman can be reached 24 hours a day at (781) 239-0680.**