

**Alessandro Surgery Center**  
73-710 Alessandro Drive, Suite A1  
Palm Desert, CA 92260  
Phone Number: 760-837-0364  
Fax Number: 760-837-3843  
www.csipd.com



## RHINOPLASTY POSTOPERATIVE INSTRUCTIONS

1. After your surgery you will have a splint on your nose. There will be packing in one or both nostrils, so you will have to mouth breath until the packing is removed. The packing will remain in place for 1 to 5 days. The Doctor will determine how long the packing will remain in place.
2. You will have a piece of gauze taped under your nose for the first 1 to 2 days (mustache dressing). This can be changed as needed for drainage.
3. Keep you head elevated at all times. Sleep with 2 or 3 pillows or a recliner chair.
4. Do not allow the nasal splint to get wet. It is made of cast material and can change shape if it becomes wet.
5. Keep cold compresses on your eyes for 15 to 20 minutes every 30-60 minutes while awake. Do this the first 48 hours.
6. Approximately 5 to 7 days after surgery, the splint will be removed and skin colored tape will be applied to your nose for another 5 to 7 days.
7. Please, complete all prescribed medications as directed.
8. Avoid heavy lifting or straining for at least 2 weeks.
9. Avoid contact sports or activities that may lead to a "blow" to the nose, i.e., boxing, surfing, karate, etc. for 6 weeks.
10. Use caution while healing, with sunglasses or glasses that rest on the bridge of your nose.
11. If you have questions or concerns, please, call the office (760) 837-0364

{INITIALS} Initials

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## RHINOPLASTY

### PRE-OPERATIVE INSTRUCTIONS

<PersonalInfo.FullName> is scheduled for surgery on <TF.ProcAppt.Date> at <TF.ProcAppt.Time>  
at Cosmetic Surgery Institute of Palm Desert, 73-710 Alessandro Drive,  
Palm Desert, California.

1. All financial obligations must be fulfilled before surgery.
2. Make sure your blood work is done and the Institute has a copy of the test results.
3. Do not take aspirin or aspirin containing products (see separate sheet for what to avoid) for two weeks prior to surgery.
4. If you take any medications on a routine basis, please, continue to do so, but advise the doctor and his nurse so they can tell you what to take the day of surgery.
5. **You cannot drive yourself home.** Please have a responsible adult pick you up and stay with you for the first 24 hours. Please, leave name and phone number of the person to pick you up at the front desk.
6. Do not wear any jewelry or bring any valuables. Please, leave them home.
7. Do not wear contact lenses.
8. Please, remove all eye makeup, mascara, eye shadow, etc. The day of surgery, come in with a clean dry face. Wash your face the day of surgery and the day before with an antibacterial soap.
9. Wear comfortable clothing that buttons or zippers up the front. Do not wear clothing you must pull over your head.
10. Please, **DO NOT EAT OR DRINK** after midnight the night before surgery.
11. If you smoke, **please**. try to cut down or stop at least one week before surgery.
12. No alcohol 24 hours before surgery and then please, wait at least 48 hours after surgery.

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