

***SCOTT J. ZEVON M.D., F.A.C.S.
CENTRAL PARK PLASTIC SURGERY***

RHINOPLASTY PATIENT INFORMATION

***75 CENTRAL PARK WEST
NEW YORK, N.Y. 10023-6011***

Member



PREPARING FOR SURGERY

STARTING NOW

- Please read and familiarize yourself with these instructions. By following them carefully you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with Dr. Zevon and discuss your questions at any time. Re-read the General Instructions for Cosmetic Surgery Dr. Zevon gave you.
- Locate your Personal Information Sheet and complete it so that Dr. Zevon's office will know who will escort you home after your surgery and where you plan to spend the night of your surgery. Bring it to your pre-operative appointment, or telephone, e-mail or fax the information to us. If you cannot locate it, let us know so that we can provide you with another.
- If you wear glasses, ask us to show you how to tape glasses to your forehead so that you will be able to wear them after your surgery when your splint is removed. To avoid pressure on the bridge of your nose, you will have to wear your glasses taped to your forehead.
- Make sure you have plenty of ice on hand to use for cold compresses after your surgery. You may apply an ice bag or use a washcloth or hand towel dipped in ice water to control post-surgical bruising and swelling around your eyes. Cold compresses will reduce swelling and make your head feel better.

PRE-OPERATIVE INSTRUCTIONS

THE DAY BEFORE YOUR SURGERY

- WASHING:** In the evening, wash your face with anti-bacterial soap. Do not apply any moisturizers or other products to your face afterwards.
- Unless you are having local anesthesia, **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**
- If you are having local anesthesia, or if your surgery is in the afternoon, check with us as to what or when you may eat or drink before surgery.

THE MORNING OF YOUR SURGERY

- WASHING:** Shower and wash your face again with anti-bacterial soap. Do not apply any moisturizers or other products to your face afterwards.
- FACIAL PRODUCTS:** Do not wear any make-up, and do not apply any moisturizers, sunscreens, or anything else on your face, head or neck. No hairspray or perfume.
- CLOTHING:** Do not wear clothing that goes on over your head. Wear tops with front closures such as buttons or zippers, bottoms that are easy to pull on, and comfortable shoes. You may also bring a scarf, shawl or hat to wear after your surgery to camouflage your appearance.

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POST-OPERATIVE CARE

IMMEDIATELY AFTER SURGERY

- REST:** When you arrive home, be prepared to rest in bed for the first 48 hours after surgery. Use 2 pillows under your head. If you feel nauseated, lie on your back and remain still. Any sensation of nausea should pass by the morning after your surgery. If you are not nauseated, you may eat lightly and drink to replenish your body fluids. You may go to the bathroom with assistance as needed. You will feel heaviness around the eyes, and you may have a headache or feel as if you have a bad cold. If you feel fine, light activity will not harm you. Keep your head upright as much as possible. If you bend down, bend from the ankles, knees and hips; do not drop your head.
- MEDICATIONS:** Take the antibiotics and pain medication prescribed by Dr. Zevon according to the pharmacy instructions. Don't take the pain medication on an empty stomach, as this will produce nausea and vomiting. Have another adult give you the pain medication at the correct time and/or keep written records of how much you take and when you take it. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics. Do not drive while taking pain medication.
- WHAT TO EXPECT:** You may have A) an initial nosebleed for about 4 hours; B) moderate discomfort; C) swelling and bruising (black and blue discoloration) around your eyes increasing to a peak on the second or third day after surgery; and D) bloodshot whites of your eyes. Bruising and swelling will substantially improve over 2-3 weeks, and swelling will continue to improve for 6 months to 1 year after your surgery.
- USE THE COLD COMPRESSES** on bruised and swollen areas, but do not apply hot or warm compresses.
- CALL DR. ZEVON IF:** A) you have severe pain not responding to pain medication; B) you have prolonged profuse bleeding (soaking more than 5 gauze pads per hour after 4 hours); any other question or problem arises. **DON'T TAKE CHANCES!** During office hours, call (212) 496-6600. After hours, call (917) 612-3800.
- CONTACT LENSES & GLASSES:** You may wear contact lenses as soon as you are comfortable enough to put them on. If you wear glasses, we will show you how to tape them to your forehead when your splint is removed. Do not wear glasses or sunglasses resting on the bridge of your nose for 4 weeks.
- CLOTHING:** For the first week after your surgery, do not pull on clothing over your head—wear clothing with front closure buttons or zippers. Do not wear pullover sweaters, turtlenecks, T-shirts during the first week after surgery.
- DIET:** Eat soft foods requiring little or not chewing and plenty of liquids. Avoid very hot foods or liquids. Avoid prolonged chewing, and hard or tough foods.

ACTIVITY RESTRICTIONS

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- For 2 weeks, do not blow your nose if it is dripping. Wipe or dab your nose gently with tissues.
- Avoid smiling, grinning and excessive facial movements for 1 week.
- Avoid lengthy conversations and social activities for 10 to 14 days. If you have children or pets, it is best to stay away from them so they won't bump into your nose.
- For 4 weeks, avoid extreme physical activity and exertion, including athletic activities and strenuous sexual activity.
- Sleep on your back. Obtain more rest than usual.

- Avoid the sun and heat for 6 weeks after surgery. Heat may cause your nose to swell.
- Do not swim for 1 month. You may drive a car with power steering after 1 week, but do not drive while taking pain medication.
- Do not smoke for 2 weeks after your surgery to prevent coughing and possible bleeding.
- Do not drink alcohol for 10 days after surgery, or while you are taking pain medication. Alcohol dilates the blood vessels and could increase bleeding.

- DRESSINGS & HYGIENE:** If you have a dressing under your nose, change it as needed. The nasal splint stays on for about 1 week and will be removed by Dr. Zevon. Keep the dressings and the splint dry. You may wash your face, but be careful to keep the dressings dry. Take tub baths until the dressings are removed. You may brush your teeth gently with a soft toothbrush. Avoid manipulation of your upper lip. After Dr. Zevon removes your nasal splint, you may gently clean the skin of your nose gently with mild soap or cleansing lotion and clean your nostrils using a moist Q-tip. Do not wash your hair for 1 week unless someone can do it for you in the face up position, keeping your dressings dry. When Dr. Zevon removes your dressings, you may wear makeup.

- HERBAL REMEDIES:** Some patients report that arnica contributes to a reduction in bruising or swelling, resulting in reduced discomfort and edema, and improved healing. Ask us if you wish assistance in locating a source of arnica. Take arnica orally according to manufacturer's instructions on the packaging.

- POST-OPERATIVE APPOINTMENTS:** The first post-operative appointment may be 1 or 2 days after surgery. The second appointment will be about a week after surgery, when your nasal splint will be removed and replaced with a lighter tape splint. The third appointment will be about 5 days later, when your tape splint will be removed. If the stitches have not dissolved, they can be removed at this time. Check your post-operative instructions for your first appointment. If you don't have an appointment, call (212) 496-6600, tell the receptionist the date you had surgery and she will schedule your post-operative appointment. At each post-operative appointment, Dr. Zevon will advise you how soon the next one should be scheduled.

RECOVERY TIME

- INITIAL:** 1 week with nasal splint. Don't be concerned if the nose, eyes and upper lip show some swelling and discoloration after removal of the nasal dressing. This is normal and usually clears up in 2 or 3 weeks.

- SUBSTANTIAL:** 6 months. It may require six months for subtle swelling to subside.

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RESUMING NORMAL ACTIVITIES

- WORK:** Follow the plan you and Dr. Zevon have agreed upon. For planning purposes, you can assume you will be able to return to work in 1 to 2 weeks when your splints have been removed.
- EXERCISE:** Dr. Zevon will give you permission to increase your activities according to the progress of your recovery and your overall fitness level.
- EXPOSURE TO SUN AND HEAT:** Absolutely avoid prolonged exposure to sun and heat, and any exposure to sun lamps for 6 weeks. Heat may cause the nose to swell.

12/27/01

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