

PREPARATIONS FOR YOUR NASAL SURGERY

TWO WEEKS BEFORE YOUR SURGERY

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. If you are diabetic or taking a blood thinner medication, you will be given special instructions regarding how to manage your medications. **Products containing aspirin should not be taken 2 weeks before or after your surgery (see medication advice information sheet).** If you have been prescribed these medications, please check with the prescribing physician before stopping them. **DO NOT STOP YOUR ASPIRIN IF YOU HAVE A STENT INPLACE.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery.

Fill your prescriptions before your surgery. Don't bring them to surgery

Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery and 4 weeks after surgery (this includes use of smokeless tobacco products, and nicotine patches or gum).

THE EVENING BEFORE YOUR SURGERY

Get a good night's rest.

Make some jello and/or soup for after your surgery.

Wash with your usual cleanser night before surgery. Armpits, groin, and surgical area need to be washed, rinsed thoroughly, and dried.

Do not eat or drink anything after midnight the night before surgery.

MORNING OF SURGERY

Wash with your usual cleanser surgery. Armpits, groin, and surgical area need to be washed, rinsed thoroughly, and dried.

Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry. Wear loose comfortable clothing, preferably a button or zip up top and loose pants, and comfortable shoes. No jewelry, nailpolish, lotion or creams.

Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home..

After surgery:

Take deep breaths frequently after surgery. 4-5 every commercial break on TV or 10 x's an hour.

Eat a high protein , low salt diet. Drink at least 4-8 ozs of fluid an hour while awake. Water, Gatorade, tea, and low sugar juices are recommended.

Get up and move. Walking is encouraged, at least 5 x's a day. Bathroom, kitchen, etc. Do not do anything that hurts. . No heavy lifting or strenuous activity until cleared by the doctor. Your recovery will take approximately 6 weeks.

You can shower the next day but keep the nose/face dry. It's ok to use ice to the eye area but do not put pressure on the bridge of your nose. avoid glasses for approx 3 weeks
You will have an external splint on the outside of the nose. You will have internal splints sewn in the nose. Change your nasal pad as often as you need.

NO eating hard food that requires your incisors to be used. This will stress your surgical repair.

The swelling gets worse for 4-5 days, then it begins to resolve. You may have swelling for up to 6 weeks.

If you have to sneeze or cough do so with your mouth open.
Do not blow your nose, just dab it.

Sleep with your head elevated up on many pillows or in a recliner.

Take your medications as prescribed. Use pain medication if needed. They can be nauseating so take with food. Otherwise take Tylenol. Do not take Tylenol in addition to your pain medication as it already contains it. Ibuprofen/Advil or Aleve can be used week 2.

Take a stool softener or laxative as needed to prevent constipation .

Take your antibiotics & medrol dose pack as written. The other prescriptions as as need.

Take xanax for anxiety **as needed** & ambien for sleep **as needed**. Do not take at the same time. You cannot drive or operate machinery while taking pain medication.

If you become severely nauseated & vomit or if you have a temp 101 or higher, notify Dr Janis by calling the office. 614-293-8566

DR Janis will see you 1 week after surgery then scheduled accordingly as discussed today.

