

Richard A. D'Amico, M.D.
180 North Dean Street Suite 3NE
Englewood, NJ 07631
201-567-9595

INSTRUCTIONS FOR HOME CARE AFTER RHINOPLASTY

PRE-OPERATIVE INSTRUCTIONS:

*You will receive and need to fill the following **prescriptions** prior to your procedure.*

Valium, relaxation aids in healing and some discomfort related to your procedure.

Percocet, to be used for severe pain only. This medication can be taken every 6 hours, however, some patients may experience nausea or constipation so we encourage Tylenol.

Zofran, fro nausea, if needed place under tongue.

you will also need from the pharmacy prior to your procedure...

Tylenol ES, non-sterile 2x2 gauze and skin tape

DIET: Start with fluids in a small amounts ON DAY ONE. On day two, work your way up to **drinking at least 1 gallon of fluids daily**. Cocoa-Cola, ginger ale and Gatorade and tea are good fluids to start with. No DIET! Avoid citrus juices, dairy products, and coffee for a few days as they can cause nausea.

Start eating slowly with bland, **soft, easy to chew foods** such as clear soups, toast with jelly, Jello, or crackers. A soft diet is recommended for the first week.

ACTIVITY: You should avoid any strenuous activities including any activity that causes you to bend at the waist putting your head in a dependent position until otherwise instructed. **Getting up and moving around the house is encouraged but don't over-exert.**

RESTING POSITION: Your **head must be elevated** on at least 3 pillows at all time until further notice.

DRESSING: The **nasal splint should be maintained** as is until you are seen in the office post-operatively and is removed by a member of our staff. You will have a **"drip pad"** consisting of a non-sterile 2x2 gauze taped under your nose. Drainage from the nose post-procedure is common. Please change the gauze as often as necessary over the next few days. You may or may not have **nasal packing**, which will be removed by our staff the day after your procedure. You will have crusting inside the nose. This will not affect healing. **AT NO TIME ARE YOU PERMITTED TO STICK ANYTHING IN THE NOSE. THIS CAN AFFECT HEALING.**

SHOWERING: **Do not shower or take a bath** until you are instructed to do so by Dr. D'Amico. The steam will cause the tape to lift off and your splint could become dislodged.

I acknowledge receipt of these instructions and have had all my questions answered.

Signature

Date

Signature

Date