



## Pre-Operative Instructions for Surgery

- 1. DO NOT TAKE ANY ASPIRIN OR ASPIRIN-LIKE PRODUCTS (ADVIL, BUFFERIN, ANACIN, EXCEDRIN, ALEVE, NUPRIN, ANAPROX OR IBUPROFEN) FOR 2 WEEKS BEFORE OR AFTER SURGERY.**  
Aspirin and aspirin-like products interfere with normal blood clotting. If you have any doubts about a product, check with your pharmacist. **THE ONLY OVER THE COUNTER PAIN RELIEVER YOU MAY TAKE IS TYLENOL.**
- 2. YOU MUST STOP TAKING HERBAL SUPPLEMENTS (i.e. St. Johns Wort, Echinacea, Melatonin and Gingko biloba) at least 2 weeks before and 2 weeks after surgery.** These supplements, when combined with certain medications frequently used during administration of anesthesia, may cause adverse reactions. You may take multiple vitamins. Please refer to our herbal supplement guide.
- 3. Have your prescriptions filled prior to your surgery.** You must begin taking the antibiotic the day of surgery as the label directs. The pain pills are for after surgery. The scopolamine patch is for nausea and should be placed behind your ear the night before surgery. Bring medications with you to the office the day of surgery.
- 4. DO NOT TAKE THE ANTIBIOTIC THE MORNING OF SURGERY.** You may take it after surgery, once you return home and have eaten something. **HOWEVER, IF YOU TAKE BLOOD PRESSURE MEDICATION, THYROID MEDICATION OR HEART MEDICATION, YOU MUST TAKE IT THE MORNING OF SURGERY** with small sips of water.
- 5. You must arrive at the surgery center at least 1 hour prior to your surgery time.** Please call our office the day before surgery to verify your time of arrival.
- 6. NO FOOD OR BEVERAGE IS PERMITTED** for 8 hours prior to the scheduled time of your surgery. You are not allowed candy or gum. You may brush your teeth. **YOU MAY DRINK ONLY WATER UP TO 4 HOURS PRIOR TO SURGERY.** Drinking other liquids is **NOT** permitted and will result in your surgery being cancelled.
- 7. REMOVE ALL NAIL POLISH FROM YOUR LEFT INDEX FINGERNAIL.**
- 8. IF YOU HAVE ANY BODY PIERCINGS THEY MUST BE REMOVED BEFORE SURGERY.** The metal may react with the electrocautery unit used during surgery.
- 9. IF YOU WEAR CONTACT LENSES, THEY MUST BE REMOVED BEFORE SURGERY.** Be sure to bring something to put them in while you have your surgery.
- 10. PLEASE CALL OUR OFFICE SEVERAL DAYS PRIOR TO YOUR SURGERY TO CONFIRM THE TIME AND INFORM US OF ANY CHANGE OF ADDRESS OR PHONE NUMBER.** We will also need the phone number of where you will be the first few days after surgery.
- 11. PLEASE WEAR LOOSE FITTING CLOTHING THAT WILL BE EASY TO PUT ON AFTER SURGERY. SHIRTS THAT PULL OVER YOUR HEAD ARE NOT RECOMMENDED. PLEASE WEAR FLAT HEELED SHOES. WEAR A BLOUSE THAT BUTTONS DOWN THE FRONT.** It may be difficult to lift your arms over your head immediately after surgery.

## Important Post-Operative Instructions

- After the splint is removed, the skin of your nose may be very oily. Gently wash the nose twice a day with soap and water. If the pores of the skin become blocked, the swelling will take much longer to go down. Normal facial care can be resumed at this time.
- If crusting persists, apply Vaseline or antibiotic ointment (such as Bacitracin or Polysporin) in the nostrils at bedtime. This softens the crusts, which can then be cleaned in the morning.
- If you develop a cold, you may take an antihistamine or decongestant and Tylenol.
- When the splint has been removed, you may cook, shop and care for your personal and/or family needs but avoid strenuous activities and exercise for 3 more weeks.
- **BODY CONTACT SPORTS ARE PROHIBITED FOR 3 MONTHS.** These include volleyball, softball, football, wrestling, etc. Swimming, tennis, golf, jogging, horseback riding and sports, which do not involve body contact, may be resumed once the splint has been removed.
- Avoid sun exposure at least one month following surgery or until Dr. Kreul or his staff allows. Avoid sunburn and use sunscreen (SPF 15 or higher) on the nose daily.
- Should bleeding occur, place a gauze pad or towel under the nostrils to absorb the blood. Bleeding will usually subside within a few minutes, but if it does not, call the office to notify us.
- Hemorrhaging from the nose is very rare, and usually not serious. Should it occur, **REMAIN CALM.** Sit up vertically, with the head slightly forward, and apply ice compresses to the back of the neck. Call the office to notify us should this occur.

**NOTE - THE PATIENT MUST HAVE A RESPONSIBLE ADULT PRESENT FOR THE FIRST 24 HOURS AFTER SURGERY.**

