

# Rhinoplasty

*Preoperative Instructions*

DallasFaceDoc™

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# Rhinoplasty

## *Preoperative Instructions*

### 3-4 Weeks Prior to Surgery

- If you have any medical conditions for which you are being treated, have a significant congenital, obstetric, traumatic or other history, or if you are over the age of 49, we will need a medical clearance from your primary care or specialist medical provider. Inquire about this requirement early as last minute efforts can be frustrating and/or adversely affect your scheduling.
- Absolutely stop any and all nicotine use, Accutane use, chemical peels or use of retinoids over the nose, or sun damage to the nose for at least 3 weeks prior to your surgery.
- Ask for time off from work for at least 7 days. Your body needs this time to adjust to the changes and fully flush anesthesia from your system.
- Plan on no exercise for at least 4 weeks. You may return to light non-impact exercise (yoga, stationary rowing, ellipticals, etc) after four weeks. Impact exercises (running, gymnastics, soccer, basketball, etc) may not be resumed for at least 8 weeks after surgery.
- You cannot wear glasses for 4 weeks after surgery. If needed, plan on ordering contact lenses for use during your recovery.
- Have help available, especially if caring for small children. Particularly the first 24 hours after surgery we highly recommend arranging for a friend or relative to come and be with you. Our staff can arrange for nursing services to stay with out of town patients if requested. Service fees are payable directly to those providers.

- Every patient must have a responsible adult companion pick patient up after discharge and stay with them for at least 24 hours after surgery. No patient will be allowed to be discharged from the surgery center to a taxi or Uber.
- Make Sure You Have Completed Your Financial Obligations. All surgeons' fees must be paid in full at least 4 weeks prior to surgery or surgery will be canceled.

## 1-2 Weeks Prior to Surgery

- Virtual Pre-Op Session. Chances are new questions have come up since the time of your initial consultation with Dr. Saman. If you would like to have a virtual consultation set up prior to surgery, please contact office to set time up. This is a good opportunity to have all your questions answered. We recommend have any individual that will be part of your support during your healing sit in on the session as well.
- Surgery Pre-op Appointment. Your in-person pre-op appointment will be with our surgery scheduler and is mostly related to logistical matters such as review of Informed Consents, required COVID-19 testing, photos, etc. It is a good idea to bring as any individuals that will be part of your support and healing.
- DIET/SUPPLEMENT RESTRICTIONS. Try and avoid drinks, supplements, foods and medications that increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, Omega-3, fish oil, nuts, seeds, avocados, and alcohol. Use Tylenol in place of other over the counter pain medications.
- Fill Prescriptions. Make sure you understand instructions on how to take your medications. Do not lose your scripts. Duplicate pain medicine scripts cannot be issued.
- Watch related pre- and post-op instruction videos on our website [www.DallasFaceDoc.com](http://www.DallasFaceDoc.com)

## One Week Prior to Surgery

- Review all instructions with your relative or caretaker.
- Review your Informed Consent and make sure you fully understand all risks associated with your procedure. Please let us know if you have any questions.
- Review our Irrevocable Non-Assignment, Photo Consent, Office Policy including Financial Policy and Revision Policy sections. Please let us know if you have any questions.
- Coordinate need for any pre-registration or payment with your designated surgery center.
- Coordinate COVID-19 testing to result 24-72 (but no later than 72 hours) prior to your time of surgery.
- DallasFaceDoc, PLLC is not contractually or otherwise related to your anesthesia providers or surgical facility. Those entities have independent policies and payment requirements. Review your surgery center and anesthesia policies so you have time to have all your questions and concerns answered.

## Night Before Surgery

- Set up your healing corner: Comfortable bed set up, extra pillows, ice packs, medications, arnica, Aquaphore, q-tips, hydrogen peroxide, books and Netflix, or anything else that can make your recovery more comfortable.
- Do not eat or drink anything after midnight or your surgery will be cancelled. If you have to take your medicines in the morning, do so with a small sip of water. No coffee, no breakfast, **NOTHING** to eat or drink after midnight.

- Use a nose hair trimmer to trim the hair inside your nose. Do not use scissors or a blade.
- Apply a small amount of your prescribed antibiotic ointment to the inside of each nostril at bedtime.
- Get a good night of sleep.

## Day of Surgery

- Wash your face with antibacterial soap and water. Do not apply anything to your face, including sunscreen, make up, lotions, or mascara.
- Do not wear any jewelry. Remove all piercings.
- Do not wear contact lenses.
- If possible, do not wear any press-on nails, hair extensions, or artificial eyelashes.
- Wear comfortable clothing, ideally zip up or button up as to avoid contact with nose after surgery.
- Arrive to surgical facility well in advance to allow for registration and surgical preparation. Generally most facilities require arrival 90-120 minutes prior to surgery time.
- Bring a valid photo ID
- We are excited that your day is finally here! Being a little nervous is entirely normal. Try to relax. You have done your research. Remember there is no such thing as a “perfect” or “ideal” nose. Our goal is an improved nose. Sit back and relax. #positivevibesonly