



PRE-OPERATIVE INFORMATION FOR: RHINOPLASTY PATIENTS

- Please **discontinue** the use of aspirin or aspirin-like products at least 2 weeks, and preferably three weeks, prior to surgery.
- It is highly recommended that all smokers **discontinue smoking** for at least three weeks prior to surgery. Long term effects of smoking cause narrowing of the small blood vessels that traverse the skin and other tissues. This, in effect, decreases the circulation to the tissues and subsequently their ability to heal.
- Shower the morning of the procedure. Shampoo hair as normal. Do not wear deodorant or perfume. Do not wear body lotion. Do not wear makeup or nail polish.
- **Do not** eat or drink after midnight, unless your anaesthetist has advised you otherwise.
- Try to get eight hours of sleep the night before surgery.
- **Do not** wear a T-shirt or clothing that must be pulled over the head.
- Have someone available to provide transportation for your return home.
- Have someone stay with you the first evening home.
- **Do not** plan any activities for 7 to 10 days following your surgery.
- Call the office if you are required to begin or change any previous medication by another physician.
- Do not hesitate to call and discuss your surgery if you need to.