



Dr. Stuart Geldenhuys
PLASTIC SURGEON

RHINOPLASTY - PERI-OPERATIVE INSTRUCTIONS

BEFORE YOUR SURGERY:

ARRANGE TO HAVE A RESPONSIBLE ADULT STAY WITH YOU THE FIRST EVENING AFTER SURGERY. YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE ASSISTANCE. (ALTERNATIVELY YOU CAN BE ADMITTED TO THE 'TCSI' OVERNIGHT CLINIC)

SMOKING

Smoking significantly increases the risks of major complications and should be stopped 4 weeks prior to surgery, and at least 2 weeks after. Failure to do so will result in cancellation of your surgery.

ALCOHOL

No alcohol is permitted for 48 hours before surgery.

DIETARY REQUIREMENTS

Be well nourished, hydrated and rested before your surgery. Avoidance of carbohydrates and saturated fats prior to and after surgery assists with reducing swelling.

MEDICATIONS

Please consult Dr Geldenhuys before discontinuing any chronic medications.

Many over the counter products and medications can inhibit blood clotting which can increase the risk of bleeding during and after surgery.

Medications most commonly implicated include those containing Aspirin & Non-Steroidal Anti- Inflammatories (e.g. Voltaren, Brufen). They should be discontinued 2 weeks prior to your procedure.

Avoid Arnica, Omega oils, Vitamin C, E and all herbal medications (Echinacea, Ephedra, Garlic, Ginseng, Ginkgo, Kava, St.John's Wort, and Valerian) 1 week prior to surgery.

Please ask us for a more comprehensive list if you take any additional herbal supplements/ medications.

ADDITIONAL PRECAUTION & ADVICE

Report any infections; signs of a cold, flu, sore throat, fever, skin (boils, bites scratches etc.), urinary tract or dental. These may increase the risk of surgical site infections or pneumonia and may necessitate delaying your surgery for a few days/weeks.

Obtain any desired "comfort items" that will facilitate a pleasant environment for your recovery; music, comfortable clothing, pillows, healthy pre-prepared meals.

Avoid sun/tanning beds for two weeks prior to surgery. 'Sunburn' will result in your surgery being cancelled.

Please contact the office PRIOR to your surgery if you have any questions, do not save questions for the morning of your surgery.

THE DAY OF SURGERY:

You should have nothing to eat or drink for 6 hours before your operation. However, if you are required to take chronic medication during this time, please do so with a small sip of water.

On arrival at the clinic you may be offered a pre-med and/or anti-nausea medications. Dr. Geldenhuys and your anaesthetist will see you in the ward prior to surgery.

WHAT TO BRING WITH YOU:

- ✓ Any current and chronic medications.
- ✓ Medical Aid membership card
- ✓ ID Document
- ✓ Credit Card or other agreed means of payment
- ✓ Toiletries if required.

WASHING

Medicated soap will be provided for you to use at home on the morning of your operation. This is to be used for both body and hair.

PRODUCTS

Do not apply make-up, perfume/deodorant, nail polish or hair products after washing.

JEWELRY

Remove all jewellery.

CLOTHING

Wear loose, comfortable clothing and footwear. You should wear front opening garments with buttons or zips.

POST-OPERATIVE INSTRUCTIONS:

- No glasses or sunglasses that rest on the bridge of the nose for at least 3 weeks (or until discussed with Dr.). You may tape the glasses to your forehead.
- Avoid blowing your nose; dab softly with tissues. If you sneeze, try to keep your mouth open.
- Brush your teeth very gently with a soft toothbrush only.
- Avoid too much smiling or excessive facial movements; avoid manipulating your upper lip for the first one to two weeks which helps keep your nose at rest.
- Wear clothing that fastens in the front or back, avoid slipover sweaters and tight t-shirts that may touch your nose whilst dressing or undressing.
- Avoid foods that require prolonged chewing for the first few weeks.

MOBILITY

- During the first week, you will sleep on your back.
- Get out of bed every 2-3hrs and walk a little bit, then back to resting.
- Avoid any strenuous movements and heavy lifting.
- Keeping your head (and nose) elevated tends to reduce swelling. If possible, sleep on two or three pillows for a few weeks.
- Exercise or straining can cause bleeding or swelling during the first few weeks.
- Return to normal activity should be a gradual process and should never cause discomfort. Stop if you are uncomfortable!
- First 3 weeks: You may take a gentle walk within a few days, "short Sunday stroll". You may drive when you are comfortable and have discontinued all medications, typically 10 days post operatively.
- Weeks 4 -6: Light cardiovascular exercise only (no straining)
- Weeks 7-12: Gradual increase in cardio exercise

COLD COMPRESS AND BRUISING

- Significant amount of swelling & bruising accompanies rhinoplasty.
- Icing can be helpful with both swelling and discomfort.
- The swelling and bruises will go away within several weeks.

- You may use cold compresses (i.e. gauze) intermittently around your eyes for the first 4-5 days. (You will still develop bruising around your eyes and cheeks).

SILICONE PLUGS AND SPLINT

- These will be removed between 5 and 10 days depending on the extend of your surgery.
- The splint will provide protection, stability and help to control swelling.

CLEANSING

- After surgery, some oozing and bleeding usually occurs for a day or two.
- You will be give a box with everything you need in it to look after your nose after your surgery.
- With every visit , it will be explained what you need to do.
- You only need to apply Bactroban ointment 3 x a day on your incisions when you go home, for the first few days.

BATHING & SHOWERING

- You may wash your face with facial wipes or a face cloth.
- You may bath or shower as per usual, just keep your head elevated.

SUN

- Scars take at least one year to fade completely.
- During this time, you must protect them from the sun. Wear a sunscreen with a skin-protection factor (SPF) of at least 30 at all times when in the outdoors.

HEALING

Requires time. Swelling depends on the extent of the surgery, surgical technique and your physical condition. Healing continues over a long period of time, up to 3 years. Most of the swelling develops in the first 48 hours. As healing progresses, swelling and bruising decreases (About sixty percent of your swelling will disappear in the first two months).

MEDICATION

- Take medications as directed.
- Contact Dr Geldenhuys if you develop nausea, heartburn, diarrhoea, constipation or bloating.
- If pain persists despite pain medications please contact Dr Geldenhuys.

DIET

- Fluids are critical following surgery. Hydrate yourself with non-carbonated and non-alcoholic beverages. Be sure to drink plenty of water and fresh juices.
- Have nutritious food and eat when you are taking medications.

CALL THE ROOMS (021) 424 5218 IF YOU HAVE:

- A temperature greater than 37°C.
- Bleeding from the incision or drain sites.
- A sudden increase in pain, or swelling of the breast or around the incision site.
- Any questions regarding your care.