

Fred H. Siegel, M.D.  
Plastic and Reconstructive Surgery

### Rhinoplasty Instructions:

#### **GENERAL INSTRUCTIONS**

1. No alcoholic beverages for twenty-four hours
2. No driving, operating equipment or machinery for twenty-four hours.
3. Do not sign any important documents for twenty-four hours.
4. Do not stay alone; you will be sleepy and need a responsible person with you for twenty-four hours.
5. Rest at home for twenty-four hours.
6. Start with clear liquids and advance your Dr's ordered diet; for example after your liquids try soup and crackers and then a regular diet for your supper.
7. Do not take pain medication or antibiotics on an empty stomach. Eat something like crackers before taking medication

#### **SPECIAL INSTRUCTIONS:**

1. You may shower tomorrow, keep nose dry.
2. Take Tylenol or \_\_\_\_\_ for pain.
3. Apply Neosporin or Bacitracin ointment to external sutures twice daily.
4. Do not remove splint or paper tapes.
5. Do not blow your nose.
6. You may use saline nasal spray after 2 days.

#### **POST-OPERATIVE PHONE CALL:**

Dr. Siegel will call you in the evening after your surgery. A representative from Dr. Siegel's office will also call you the day after your surgery. Do not be alarmed. This is a routine call to see how you are doing at home.

#### **SPECIAL CARE OF YOUR SURGICAL AREA:**

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#### **POST-OP CALL**

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#### **PLEASE REMEMBER:**

A certain amount of nausea and occasional vomiting is normal – if it persists please notify your physician.  
Approximately once an hour, take a deep breath, hold it for a second, then blow it all out.  
Watch for heavy or prolonged bleeding, if present notify your Dr  
Watch for signs of infection; fever, increased pain, foul drainage. If present, notify your Dr.  
You are to see your Dr. on/in \_\_\_\_\_.  
Dr. Siegel can be reached at  
(757) 547-2115 24 hours a day.

Date/Time \_\_\_\_\_ Signature - Patient/Caregiver \_\_\_\_\_

Date \_\_\_\_\_ Signature - Nurse \_\_\_\_\_