

## Rhinoplasty/Septoplasty pre-surgery shopping list/information

### SHOPPING LIST

\*Low sodium foods (high sodium foods will increase your swelling making you more uncomfortable) such as unsalted crackers, graham crackers, reduced sodium soups, jell-o, bananas, rice, bread for toast, etc.

\*If you don't have a recliner at home please be sure to have enough pillows to prop yourself up while sleeping. You will need to sleep elevated for approximately one-two weeks after surgery. If you are from out of town it is a good idea to bring a few pillows or a travel pillow with for the ride home.

\*gauze and paper tape (this will be used as a drip pad underneath your nose for the first couple days after surgery)

### INFORMATION

\*Please be sure you have someone around to help you for the first few days after surgery. You will be tired from your medications and sore from surgery so you may not feel like or may not be able to perform some of the tasks you are used to performing

\*You may have a splint on your nose when you wake up from surgery depending on what areas of the nose Dr. Paulson is operating on. This will stay on for 6-7 days. It is very important that you do not try to remove this yourself. You may also have external sutures that will be removed 6-7 days after surgery.

\*After surgery your nose will feel and look very swollen. This will gradually dissipate, and sometimes small amounts of swelling will persist for up to 6 months.

\*You need to have a responsible driver/caretaker with you on the day of your surgery. You may not under any circumstances take a taxi/shuttle/bus home from the surgery center by yourself. This is for your own protection and safety. You also need someone to stay with you the night of your surgery to make sure you are okay and to help you remember to take your pain pills. If you arrive to the surgery center without a driver/caretaker, you will not be allowed to have surgery

\*You may not eat, drink, or smoke after midnight the night before your surgery. You also cannot chew gum or have any hard candy or anything in the mouth after midnight the night before. This is extremely important, and we will refuse to perform your surgery if you have not followed these instructions.

\*You will be allowed to shower 48 hours after surgery. When you do so please stand with your back against the water so if you have a splint it does not come off too soon.

\* You cannot blow your nose for two weeks postoperatively.

\*Once Dr. Paulson has seen you postoperatively and says it is OK, you can use a nasal rinse at home. To make this rinse mix 1 quart tap water, 3 tablespoons pickling salt, 2 teaspoons baking soda. You can use this rinse as needed up to 3 times a day to clear the nasal passageways. DO NOT start using this until Dr. Paulson tells you it is ok.

\*For 10 days prior to surgery you may not take aspirin, advil, ibuprofen, anything herbal, or any multivitamins as all of these can thin your blood causing you to bleed more than usual during surgery (if you have any questions about taking other medications not mentioned please contact Dr. Paulson's nurses at 701-255-3311)