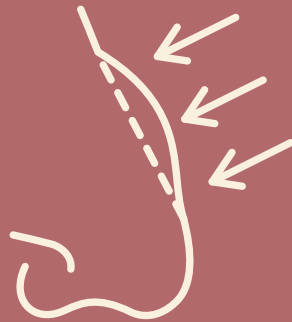




Dr. Honeybrook



PRE AND POST RHINOPLASTY SURGERY GUIDE

PRE-SURGERY

POST-SURGERY

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Pre-Surgery Guidelines



2 weeks before surgery:

- Inform our staff of any medications or vitamins you are taking at least 2 weeks before your scheduled surgery date.
- Cease supplements 2 weeks prior to your surgery and refrain from using them until 2 weeks after surgery unless instructed otherwise by your GP, specialist, or surgeon.



Inform your Surgeon if you are on any of the following:

- Multivitamins
- Vitamin E
- Supplements containing garlic, ginger, ginkgo biloba, evening primrose oil, fish oil, or omega-3 (e.g., krill oil)
- Nurofen or Nurofen Plus
- Aspirin, Plavix, Disprin, Apixiban, Riveroxiban, Aspro Clear, Ibuprofen or any other blood-thinning or anti-inflammatory medications (blood thinners and can cause bleeding)
- Ozempic or equivalent weight loss medication should be stopped 3 weeks prior to surgery and only clear fluids diet the day prior to surgery.



Important Notice:

If you are on a blood-thinning medication, consult your GP and notify your surgeon's clinic before discontinuing its use. Taking any of the medications or vitamins listed above may increase your risk of bleeding and could necessitate the cancellation of your surgery.



Smoking Cessation:

You must stop smoking and/or vaping at least 8 weeks prior and after surgery, or your procedure will be deferred, and fees may apply. Smoking cessation would be confirmed with a blood test prior to your procedure. For optimal healing, avoid smoking for as long as possible after surgery.



If you have any questions or concerns regarding this information, please contact our office.



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Morning Of Surgery



Showering:

On the morning of your surgery, please take a thorough hot shower and wash your hair. You will not be able to shower again until 24 hours after your surgery.



Cosmetics:

No cosmetic products, makeup or jewellery should be worn on the day of your surgery. Many patients wear skin products on the day of surgery and we have to wipe them off for our markings to stick.



Clothing:

Wear comfortable, loose-fitting clothing, such as a button-down shirt and slip-on flat shoes. Please avoid wearing lace or tight-fitting underwear. Do not wear perfume, contact lenses, or any jewellery on the day of surgery. Be sure to bring your glasses and their case.



Transportation:

You must arrange for a family member or friend to drive you to and from the hospital, as the hospital will not allow you to leave on your own. This includes leaving by taxi, Uber, train, or bus. Additionally, someone must stay with you for the first 72 hours following surgery in case of any adverse reactions to the anaesthesia.



Fasting:

You will receive your admission time from the hospital the day prior to your surgery.

You need to fast (No food or drinks) for at least 6 hours prior to your admission time.

They can have water only up until 2 hours prior to their admission time.

For most patients it means you should be fasting from midnight the night prior to surgery.



Important Information for Day Surgery Patients:

If you are being admitted as a day case (no overnight stay required), keep the following in mind:

- The major effects of anaesthesia wear off quickly, but minor effects on memory, balance, and muscle function may persist for several hours. These effects vary by individual.
- You are not permitted to drive while taking pain medication.
- You must have access to a mobile phone.
- Avoid operating machinery or making important decisions for at least 72 hours after anaesthesia.



Arrival:

Plan to arrive at the hospital 10 minutes early on the day of your surgery.



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Post-Surgery Medications & Pain Management



We hope your recovery is going well. This plan is designed to help manage postoperative pain while minimizing medication side effects. Some pain is expected after surgery, but staying active can speed up recovery.

Your anaesthetist may prescribe medications to help you feel more comfortable. Pain is usually most intense in the first 24-48 hours and will gradually improve as you heal. Staying active can also help ease discomfort and aid recovery.



Please adhere to this plan closely for the best results. If you have allergies to any of the listed medications, do not take them without consulting your doctor.

Paracetamol (Panadol)	Oxycodone (Endone)	Keflex (Antibiotics)	Prednisone (Steroid)	Neilmed Sinus Rinse
500mg	5mg	500mg	25mg	N/A
Take 2 tablets every 6 hours for 8 days. (No prescription required)	Take 1 tablet every 4 hours with food as needed for pain.	Take 1 tablet 3x a day for 7 days.	Day of surgery: 1 tablet (25mg) at 9pm. Days 1-7: 1 tablet (25mg) in the AM and PM. Days 8-11: 1 tablet (25mg) in the AM. Days 12-15: ½ tablet (12.5mg) in the AM. Days 16-19: ¼ tablet (7.5mg) in the AM.	Use 4x per day in both nostrils



Note:

- Some patients may be prescribed a medication called Tranexamic acid to reduce bleeding/oozing after surgery – take as per Dr Honeybrook guidance.
- Due to strict prescription regulations, we cannot provide more medication than what is prescribed. If you need additional prescriptions, please follow up with your GP, as they will need to review your condition. It may be wise to schedule a GP appointment before your medication runs out.



Emergency Contact:

In case of a life threatening emergency, please contact 000. For other emergencies after hours contact Dr Honeybrook on 0422 221 067. Please also email or call the rooms to inform us of your progress.



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DR. HONEYBROOK'S NOSE RECOVERY KIT

Items	Instructions
Dr. Honeybrook's SkinSoothe+ Cream	Apply 3x daily under the eyes, on the cheeks, and neck, beginning immediately after surgery. Keep reffridgerated.
Arnica Montana Tablets (3c, 200 tabs)	Dissolve 2 tablets under the tongue every 4 hours.
Bromelain Tablets (500mg, 60 tabs)	Take 1 capsule with each meal
Cooling Gel Eye Mask	Place in the freezer. Before applying to the face, let it thaw for 20 minutes or until the gel has softened. Use for 20 minutes, 3-4 times daily.
StrataMed Advanced Wound Dressing (10g)	Apply to incisions 3 x daily after cleaning with diluted hydrogen peroxide.
Bromelain Tablets (500mg, 60 tabs)	Take 1 capsule with each meal



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Post-Surgery Care Instructions:



Sleeping:

- Sleep with your head elevated with two or three pillows for the first 2-3 nights to prevent nasal bleeding, as lowering your head can increase blood pressure in your nose.



Activity:

- Immediately post-op: Rest, but you can begin walking 2 days post op
- 2 weeks post-op: Light aerobic exercise can resume, but no heavy lifting or bending over.
- 3 weeks post-op: Return to work if cleared by Dr. Honeybrook.
- 4 - 6 weeks post-op: You can resume full aerobic workouts, with all vigorous and intense physical activities resuming at 6 weeks.
- 6 weeks post-op: Vigorous exercise and intense physical activity can resume.
- Avoid contact sports and sunbathing for 4-6 months



Bathing:

- You can shower and wash your hair with baby shampoo starting the day after surgery. Take care not to let the shower stream hit the suture lines directly. Do not use any other hair care products until 3 weeks post-op, and avoid colouring or perming for 4 weeks. (Do not get the external nasal splint wet, it may fall off.)



Wound care:

- After showering, clean incisions with half-strength hydrogen peroxide and cotton buds twice daily, then apply Stratamed gel to keep them moist at least 3 times a day. This helps remove dried blood and crust, promoting healing and reducing scarring.
- Do not insert the cotton bud deeper than the cotton tip. If your nasal passages feel dry, use saline irrigation or spray.
- Call our office if you notice signs of infection (fever, foul-smelling drainage, severe redness, swelling, or worsening pain) or if any sutures appear to have ruptured.
- Once healed, protect scars from direct sunlight with SPF 30 zinc or mineral-based sunscreen.



Nasal Splints:

- Silicone Nasal Splints and External Nasal Splints hold the septum in position and are removed after 1 week. (If the Silicone Splint falls off within the 48 hours please contact the office)
- Nasal packing is rarely used, as it is absorbable and doesn't require removal.
- Nostril retainers, or "nasal cones," help the nostrils heal properly. Clean them with water twice daily and apply a light layer of StrataMed for easier insertion. Wear retainers continuously for the first week, then only at night for 6-8 weeks. Watch the educational video [here](#).



Wearing Glasses:

- Tape your glasses to your forehead with a small loop of tape over the nosepiece for the first ten days after surgery.
- Avoid resting them on your nose, as adjustments may be needed due to changes in shape.
- Indentations from the glasses are normal and will fade as swelling decreases.



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Post-Surgery Care Instructions Continued:



Sutures:

- You may have dissolvable sutures, removable sutures, and staples, which will be removed in stages. Once all sutures and staples from the scalp are removed, you can clean your hair more vigorously to remove any remaining antibiotic ointment.



Swelling Relief:

- Nasal swelling, especially at the tip, is normal and can last several months after surgery, up to a year for first-time procedures and 18 months for revisions.
- To reduce initial swelling, avoid lying down during the day.
- Use cool compresses with the supplied gel eye mask to help; freeze the mask, thaw for 20 minutes, and then apply for 20 minutes, 3-4 times daily. If you experience pain, remove the mask to prevent skin burns.
- Additionally, apply Dr. Honeybrook's SkinSoothe+ cream with silicone eye pads three times daily to reduce swelling and bruising under the eyes.



Bleeding:

- Bright red bleeding may occur for 24-36 hours after surgery.
- For blood oozing from the nose, use Drixine, an over-the-counter nasal decongestant. Spray for 2 seconds into the affected side, but limit use to 3 days. After this, any old clots will wash out during nasal irrigations.



Driving:

- You may drive when it does not cause pain, and you can do so defensively (usually after 1 week). Avoid driving if you are still taking strong painkillers or sedatives.



Diet:

- Start with clear liquids (like broth) and gradually return to a normal diet as tolerated.
- Stay hydrated with water, and limit soft drinks and sports drinks to avoid excess sodium, which can cause swelling.
- Don't be alarmed if your meals taste bland; a stuffy nose affects your sense of smell, which is vital for taste.



Other Recommendations:

- Do not vigorously blow your nose
- Avoid alcohol and smoking to promote optimal healing.
- Avoid wearing earrings for 2 weeks
- A light application of a mineral based face powder can be worn after 2 weeks.



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Post-Surgery Care Instructions Continued:

Nasal Irrigation:

Begin nasal irrigations with a saline solution as soon as you return home from surgery, doing this 3-4 times daily to keep your nasal passages clean and remove old blood. To irrigate:

1. Mix the salt sachet with clean water in the provided bottle.
2. Lean over the sink, place the tip in one nostril, and gently squeeze.
3. Rinse both nostrils.

It's normal if the solution:

- Exits the opposite nostril
- Exits through the mouth (keep your mouth open)
- Doesn't come out of the other nostril.



Move your head side to side afterward to clear any leftover solution in the sinuses. Do not blow your nose, as this may cause bleeding. Finally, apply StrataMed ointment to your incisions after each irrigation.



Nasal Exercises:

During your first post-operative appointment, Dr. Honeybrook will demonstrate nasal exercises to help reduce swelling.

1. Bridge of Nose: Place your index finger on the bridge of your nose, apply slight pressure until it feels uncomfortable, and hold for 10 seconds. Repeat 10x daily.
2. Sides of Nose: Use both index fingers to press the sides of your nose, applying gentle pressure until slightly uncomfortable. Hold for 10 seconds and repeat 10x daily.



Postoperative Appointments:

- Your follow up visit is usually 1 to 2 weeks after surgery. The nursing team and Dr. Honeybrook will check on you several times in the first two weeks.



Problems to Report:

- Increasing redness
- Worsening pain
- Fever
- Discharge of pus from the wound
- Increasing swelling
- Prolonged or excessive bleeding
- Persistent nausea or vomiting
- Chest pain and/or shortness of breath
- Pain in your calves



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Post-Surgery Mobility Exercises

It's important to gently stretch your chest and abdominal muscles after surgery, especially if you've been less mobile in the first few days. To do this safely and effectively, we recommend the following exercises:



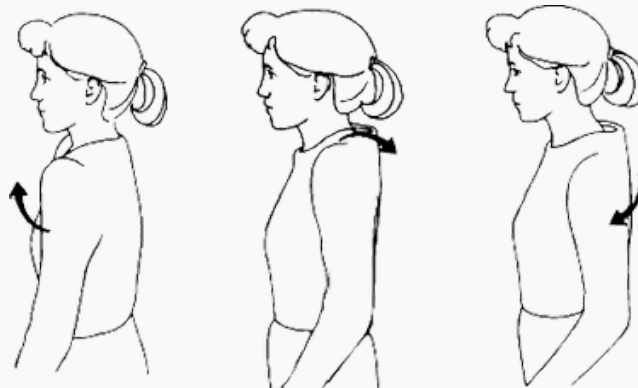
Deep Breaths - *This helps stretch your chest muscles by expanding your ribs and ensures your lungs fully expand after anaesthesia.*

- Take a deep breath, hold for 2-3 seconds.



Shoulder Shrugs and Circles - *These help stretch your chest and shoulders while relieving tension in your neck and shoulders.*

- Bring your shoulders forward, up, back, and down in a large circle. Start with smaller circles if you feel stiff, gradually increasing the size as you loosen up. Repeat 5 to 10 times.



These exercises can be repeated several times a day, starting on day 1 post-surgery, and will help you feel more mobile and speed up recovery by stretching your pec muscles.



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What's Normal To Expect

1. **Nausea** - Nausea from anaesthesia or swallowing a small amount of blood is common and typically resolves within 24 hours.
2. **Swelling** - Swelling can last for up to a year
3. **Bruising** - Bruising results from blood accumulation in tissues after surgery and typically resolves within 2 to 3 weeks. Makeup can hide bruises after one week.
4. **Numbness** - Your nose tip will feel numb for several weeks post-surgery, which is normal. Sensation will return as the nerves regenerate, typically within 4-6 months. You may also experience numbness in your upper lip and teeth due to nerve effects, but this is usually temporary and should resolve in a few weeks.
5. **Pain/Discomfort** - Pain is typically mild to moderate, and forehead headaches or sinus-like pressure can occur post-surgery. You may also feel like you have a head cold, especially with silicone splints in place. If headaches are severe and not relieved by medication, contact our office immediately.
6. **Results & Appearance** - You can typically expect to see the *initial* results of your rhinoplasty within a few weeks, but full results may take several months to a year to become apparent. Be patient - your results will come!



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Scar Management: Understanding and Caring for Your Scars

A scar is a natural part of the healing process that forms within 2 to 3 days after an injury. Scar tissue fills the wound and can develop over several weeks to months. Initially, scars are red and 'immature'. Over 3 months to 2 years, they typically become paler, flatter, and softer. Regular massage and moisturising help this process.

Monitor your scars closely and contact your doctor if any issues arise.

Identifying Problematic Scars: Signs of problematic scars include:

- Persistent redness or purple coloration
- Raised, hard texture
- Itchiness
- Restricted movement

These could be hypertrophic or keloid scars. Higher-risk individuals include those with certain skin types or a history of problematic scarring.

What to Do if Your Scar Becomes a Problem: Contact your doctor if you notice any issues with your scar. Treatments such as taping, silicone gel, pressure therapy, or splinting may be recommended. Early intervention is crucial.

Massage & Moisturizing

- **When to Start:** Begin massaging your scar 3-4 weeks post-op, once the wound has healed. Continue until the scar matures, typically 12-18 months.
- **How to Massage:** Use a gentle, circular motion with firm pressure. Massage 2-3 times a day for 5-10 minutes each time.
- **Do Not Massage:** Avoid massaging open wounds or if the scar becomes sore, blisters, reopens, or a rash develops.

Silicone Gel and Sheets

- **Silicone Gel:** Apply silicone gel (e.g., Strataderm) to the scar every 12 hours.
- **Silicone Gel Sheets:** Cut to fit, apply to a clean, dry scar, and hold in place with tape or a splint. Wash the sheet daily and store it properly. Avoid use on open wounds or if a rash develops.

Adhesive Tape

- **Purpose:** Gentle pressure from adhesive tape helps prevent thick, raised scars.
- **Usage:** Apply to clean, dry skin and follow your doctor's instructions on changing frequency. Use vegetable oil to ease removal if needed.

Sunscreen Protection Scars take at least a year to fade. Protect them from sunlight using SPF 30+ sunscreen, even through a bathing suit. Be extra cautious if the skin has reduced sensitivity. For any concerns or questions, please contact your doctor.



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PRE & POST EDUCATIONAL VIDEOS

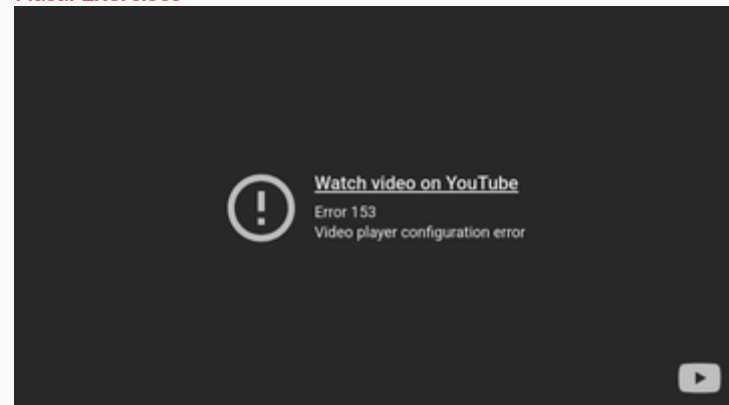
Rhinoplasty



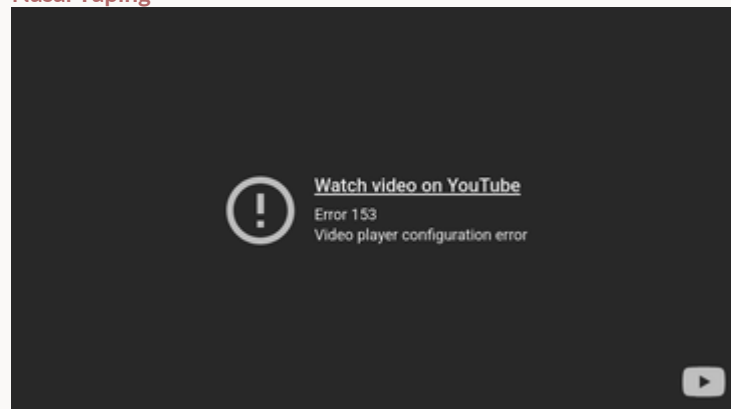
Revision Rhinoplasty



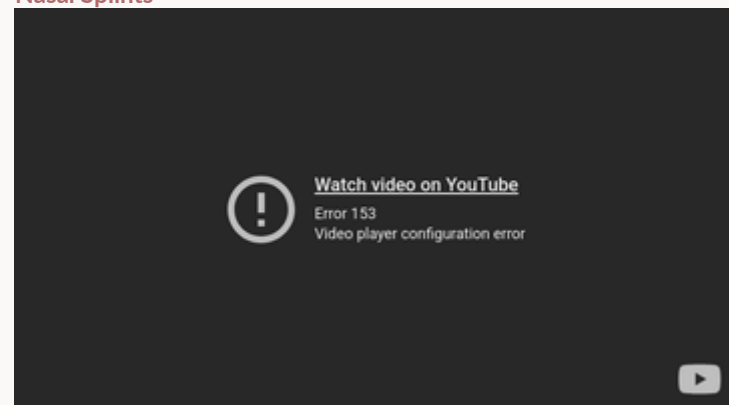
Nasal Exercises



Nasal Taping



Nasal Splints



Thank you for diligently following these post-operative guidelines. Your commitment to proper scar care and recovery will greatly contribute to achieving the best possible results.

If you have any questions or need further assistance, please don't hesitate to reach out. Your health and satisfaction are our top priorities.

YOUR BEAUTY, OUR EXPERTISE.

