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GENERAL PRE-OP INSTRUCTIONS

ONE-MONTH PRIOR TO SURGERY:

PLEASE DO NOT TAKE ANY NSAIDS (i.e. ASPIRIN, MOTRIN, ADVIL, ANAPROX OR ANY OTHER IBUPROFEN PRODUCTS).

NO HOMEOPATHIC MEDICATION AND NO HERBS **FOUR WEEKS PRIOR TO SURGERY**, UNLESS PRESCRIBED OR APPROVED BY DR. DUGAR.

TYLENOL is the **ONLY** other medication allowed for pain.

PRIOR TO SURGERY:

-**ABSOLUTELY NO SMOKING FOR FOUR WEEKS BEFORE AND AFTER SURGERY.** SMOKING DELAYS AND INTERFERES WITH HEALING.

-**NO ALCOHOL FOUR WEEKS PRIOR TO SURGERY**, THIS SLOWS THE HEALING PROCESS.

-**NO CAFFEINE FOR TWO WEEKS PRIOR TO SURGERY.**

-**NO CITRUS JUICES FOR 24 HOURS BEFORE SURGERY-** CITRUS IS VERY ACIDIC WHICH MAY IRRITATE YOUR STOMACH.

- **NO PROLONGED SUN EXPOSURE FOR 10 DAYS PRIOR TO SURGERY.** i.e. NO SUNBATHING ETC. TO AVOID SUNBURN.

PRE-OP MEDICATION- TO PREVENT BRUISING AND INFECTION:

- **BACTROBAN (Mupirocin) OINTMENT: This will be mailed to you or provided to you in the clinic.** APPLY SMALL AMOUNT TO THE FRONT PART OF THE INSIDE OF YOUR NOSE 3 TIMES PER DAY WITH A CLEAN Q-TIP FOR 5 DAYS PRIOR TO SURGERY AND CONTINUE AFTER SURGERY FOR 10 DAYS.

- **ARNICA- This will be mailed to you or provided to you in the clinic.** START 7 DAYS PRIOR TO SURGERY (5 PELLETS UNDER YOUR TONGUE 3 TIMES A DAY) AND CONTINUE AS NEEDED FOR BRUISING AFTER SURGERY.

ABSOLUTELY NO EATING OR DRINKING AFTER 12PM (MIDNIGHT) THE NIGHT BEFORE SURGERY (NO WATER, ICE, GUM, CANDY, ETC.)

MEDICATIONS TO AVOID

ALL PATIENTS ANTICIPATING SURGERY **MUST STOP THE USE OF ALL SOURCES OF ASPIRIN.** ASPIRIN IS A VERY STRONG ANTI-COAGULANT WHICH CAUSES PROFOUND BLEEDING IN NORMAL INDIVIDUALS. THEREFORE, YOU **MUST STOP TAKING ALL ASPIRIN CONTAINING PRODUCTS FOR 4 WEEKS BEFORE SURGERY AND 4 WEEKS AFTER SURGERY.**

THE FOLLOWING ARE ONLY A FEW ASPIRIN CONTAINING COMPOUNDS TO BE AVOIDED:

ADVIL	COPE	NUPRIN
ALEVE	CORICIDIN	PERCODAN
ALKA SELTZER	DARVON COMPOUND	PERCOGESIC
ANACIN	DRISTAN	PABIRIN TABS
ANAPROX	DURAGESIC	PANALGESIC
A.P.C.	ECOTRIN	PERSISTIN
ASCODEEN-30	EMPRAZIL	ROBAXISAL
ASCRIPITIN	EMPIRIN	SINE-AID
ASPIRIN	EQUAGESIC	SINE-OFF
ASPIRIN	SUPPOSITORIES EXCEDRIN SK-65	COMPOUND
BAYER ASPIRIN	FELDENE	STENDIN
BC POWDERS	FIORINAL	STERO-DARVON W/ASP.
BUFF-A-COMP	INDOCIN	SUPAC
BUFFADYNE	MEASURIN	SYNALOGOS D.C.
BUFFERIN	MIDOL	SYNALOGOS CAPSULES
BUTALBITAL	MONACET W/CODEINE	TOLECTIN
CAMA-INLAY TABS	MOTRIN	TRIAMINICIN
CHERACOL CAPSULES	NAPROSYN	VANQUICH
CLINORIL	NORGESIC	ZOMAX
CONGESPIRIN	EXCEDRIN	PEPTO BISMOL
	EXCEDRIN PM	

IF YOU MUST TAKE SOMETHING FOR HEADACHE, MENSTRUAL CRAMPS, OR OTHER ACHES AND PAINS, YOU MAY ONLY TAKE TYLENOL (AS DIRECTED) FOR THE 4 WEEKS PRIOR TO AND AFTER YOUR SURGERY.

TOPICAL ASPIRIN CONTAINING PRODUCTS TO BE AVOIDED:

ABSORBANT JR.	BRASKA	NEURABALM
ABSORBINE ARTHRITIC	COUNTERPAIN RUB	OIL-O-SOL
ABSORBINE JR.	DENCORUB	OMEGA OIL
ACT ON RUB	DOAN'S RUB	PANALGESIC
ANALBALM	EMUL-O-BALM	RID-A-PAIN
ANALGESIC BALM	END-AKE	RUMARUB
ANTIPHLOGISTINE	EXOCAINE PLUS	SLOAN'S
ANTHRALGEN	EXOCAINE TUBE	SOLTICE HI-THER
ASPERCREME	HEET	SOLTICE QUICK RUB
BANALG	ICY HOT	SPD
BAUMODYHNE	INFRA-RUB	STIMURUB
BEN GAY (ALL)	LINI-BALM	SURIN
ZEMO OINTMENT	MENTHOLATUM	YAEGER'S LINIMENT

***PLEASE DISCONTINUE ALL HOMEOPATHIC MEDICATIONS I.E., VITAMIN E., FISH OIL, OMEGA 3, GARLIC, ST.JOHN'S WORT, ECHINACEA, EPHEDRINE, etc.,**

DAY OF SURGERY

- Do NOT bring any valuables with you the day of surgery.
- You MUST remove ALL jewelry. This includes earrings, rings, necklaces, watches, bracelets, etc.
- You MUST let us know of any and all body piercings/jewelry (tongue piercing, nipple rings, belly ring, etc.) that you have.
- Do NOT wear contact lenses day of surgery, you must bring in glasses.
- Wear a Zip-Up or Button Up Top – We do NOT want your arms over your head. NO JEANS
- You MUST bring in your after surgery medications, the nurses will double check you have the correct medications.
- Remove all fingernail polish (toenail polish is fine).
- Provide the operating room staff with the contact information of the person(s) who will be picking you up and taking care of you for the first 24 hours after surgery.

FOLLOWING NASAL SURGERY

- Stay in bed and sleep with your head elevated on 2 pillows for the first 24 hours (You will continue sleeping propped up on 2 pillows preferably for 6 weeks). Use of an airplane pillow or a pillow under your knees is helpful to stay on your back when sleeping.
- Do not be alarmed about some bleeding from the nose. It is normal and your gauze dressing will collect the blood. The gauze dressing should be changed when saturated.
- Use the ice glove compress 5 times a day on your eyes until you go to sleep. Intermittent ice compress use (30 minutes of icing, until the ice melts) is very important after surgery for 6 weeks to help reduce any swelling.
- The outside of the nose may be cleaned with Q-tips soaked in hydrogen peroxide.
- Use Sterile Q-tips to apply BACTROBAN (Mupirocin) Ointment inside the nose 5 times a day for 10 days following surgery.
- You may breathe through your nose (unless you have nasal packing inside the nose- see below)
- Take medications as prescribed.
- Eat a soft, light, and cool diet as tolerated.

DIET SUGGESTIONS: (AFTER SURGERY)

SMALL PORTIONS TO BE EATEN FREQUENTLY

Eat a high protein diet. Recommendations: Eggs, Fish, Almonds, Pasta, Oatmeal, cream of wheat, oat bran, salads, tofu, soymilk, and fresh fruits.

FOODS TO AVOID:

- Alcohol, Salt, MSG in Chinese food, caffeine and NO SMOKING.
- Avoid Crunchy foods or anything requiring excess chewing (no chewing gum, etc).
- Eat before coming to the office for post operative visits.

FOR PATIENTS WITH PACKING (AFTER SEPTOPLASTY/SEPTUM SURGERY):

- After the packs are removed, you may breathe through your nose, but DO NOT blow your nose for 3 weeks from surgery day. When sneezing, allow the pressure to come through your mouth. NO gum chewing.
- Rest for the first week after your surgery. Avoid bending over, excessive talking, smiling hard chewing, lifting heavy objects, strenuous exercising, or getting your cast wet.
- You will have light blood-tinged drainage from the nose for several days.
- If your nose begins to bleed, place a small piece of cotton soaked in over the counter Neo-Synephrine or Afrin nose drops into the nostril and relax. (Either of these can be purchased at any pharmacy over the counter) If bleeding continues call the office.
- DO NOT brush your front teeth for the first day after surgery. On the second day brush VERY gently.

- If you need to travel by airplane, ask the doctor. Generally you may fly 8 days after surgery.

HEALING CARE

- After the cast/dressings are removed, avoid striking or bumping your nose or laying on it.
- Clean the external nasal skin gently but thoroughly with any mild soap.
- DO NOT expose your nose to the sun for 4-6 weeks.
- Use a sunscreen for six weeks after surgery.
- Avoid swimming for one month and diving for two months.
- Avoid Aspirin, Aleve, Advil, Bayer, Excedrin, etc. (YOU MAY HAVE TYLENOL)
- Do not blow your nose for 6 weeks from the day of surgery.
- Keep heavy physical activity to a minimum for 6 weeks from the day of surgery. No running, jumping, or jogging. No forward head bending. Light exercise is fine to resume once the cast is removed. (Light exercise including: Elliptical, hiking, walking, lifting weights 8 lbs and below.)
- Your nose may be swollen and stuffy for several months after your surgery. Immediate post-operative visits are imperative to monitor the healing process.
- The healing process of the nose creates ongoing changes in the shape of the nose . Full healing may take 1-3 years for all the swelling to subside. The tip of the nose is the slowest to heal.
- Do NOT wear any heavy glasses and/or sunglasses after surgery unless approved by Dr. Dugar.
- If there is any excessive pain, excessive bleeding, or a temperature of over 101 degrees, call the office at (310) 276-1703.

