

**DR. DAVID MORALES  
OFFICE - 214-827-8407**

**RHINOPLASTY POST OPERATIVE INSTRUCTIONS**

**PRE-OP INSTRUCTIONS**

1. Stop all aspirin products about three weeks before surgery and No smoking.
2. Discontinue fish oil and Omega 3 vitamins at least three weeks before surgery.
3. Pick up all medications that are to be used after surgery.
4. Purchase Arnica Montana 30x pills in any health food store.
5. Get pre-op labs completed and make sure the results are faxed to the office to 214-827-5001. Let the scheduling coordinator know where you are having labs done, what day and the phone number or the facility or doctor. Also, fax signed surgery consent if you have not done so.

**POST-OP INSTRUCTIONS**

1. Sleep on your back and keep head elevated on at least two pillows.
2. **Do NOT blow or pick your nose.**
3. Change the drip pad under your nose with folded gauze and tape until drainage stops.
4. Cold compresses or a gel eye pad may be applied on your eyes after surgery to decrease the swelling and bruising. If these are used after surgery then continue dipping them in ice water and reapplying to your eyes as often as you can during the first 24 hours.
5. Start taking the Arnica Montana 30x pills under your tongue as soon as you arrive back home from surgery. Start by putting about 5-6 under your tongue immediately. Then put about 4 under your tongue every hour or so while awake for the first three days after surgery. Finally, take 4 to 6 pellets per day for several more days. Wait 15 minutes after taking Arnica before you drink or eat anything. Discontinue or limit caffeine and mint as these decreases the effectiveness of this homeopathic product.
6. Don't bend over, strain, weight lift, nor engage in any vigorous exercise for at least 2 weeks. You may begin with light exercise, such as walking, after a few weeks. Refrain from any contact sports, kickboxing, and tennis, etc for 6 weeks.
7. Refrain from using contact lenses for a week.
8. Make a follow up appointment about one week after surgery by calling the office.

**CALL THE OFFICE AT 214-827-8407 IF ANY OF THE FOLLOWING SHOULD OCCUR**

1. If you have excess bleeding or drainage that does not decrease after 48 hours.
2. Fever over 101 or higher for 3 hours or more.

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3. In the case of what you feel is an emergency after hours, call the office and speak to the answering service. The doctor will be called contacted immediately and they will return your call.