

# PREPARING FOR SURGERY

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## HELPFUL TIPS TO PREPARE FOR SURGERY

- Confirm your arrival time and transportation PRIOR to the evening before surgery. Please do not hesitate to call if you have forgotten or misplaced any instructions. This will avoid delays on the morning of surgery.
- Have all prescriptions filled in advance and bring them with you on the morning of surgery.
- NO SMOKING and VAPING. Smoking/vaping/nicotine products may compromise your healing and your final result. If this is an issue, please discuss it with your surgeon.
- Relax and do not drink alcohol or caffeine for three days prior to your operation. Try to limit your salt intake as well as this may add to post operative swelling.
- Shop for supplies in advance. See the following post-operative diet suggestions to create a list of some items you may want available when you return home.

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## DAY OF YOUR SURGERY:

### WHAT TO AVOID THE FIRST 24 HOURS

- **Extreme temperature:** HOT liquids may burn the mouth due to numbness and may cause more bleeding, swelling and bruising. Extremely COLD liquids may cause coughing (popsicles are okay).
- **Dairy:** Milk, cheese and ice cream cause mucous to thicken.
- **Diet foods and drinks:** Your body needs sufficient calories for proper healing, so skip the diet food and drinks.
- **Spicy food:** Bland foods are better tolerated in the initial post-operative period.
- **Straws:** Avoid drinking any smoothies or liquids through a straw for rhinoplasty patients.

### DRINK PLENTY OF LIQUIDS

- Drink A LOT of water. We recommend drinking 16 eight-ounce glasses per day for the first three (3) days. You can also drink clear juices, electrolytes (Gatorade) or clear sodas.
- Avoid citrus juices and milk, as they may upset your stomach.
- Avoid caffeine (coffee, tea, energy drinks) unless discussed with your surgeon. You may drink decaf tea.
- **NO ALCOHOL. Alcohol will increase swelling.**
- **NO NICOTINE products; smoking, vaping, etc.**

### SIMPLE FOOD RULES

- **Start slowly** with clear liquids and foods (broth, apple sauce, Jell-O), and progress to soft foods and then regular foods as you are able to tolerate them.
- Start with smaller portions before progressing to bigger meals.
- Eat foods that are high in calories and proteins as your recovery process requires lots of energy. Also, consume foods that are high in fiber (avocado, black beans, oatmeal, broccoli, peas, berries, chia seeds) to help prevent constipation or an upset stomach, which narcotic pain medications and anesthesia can cause.
- Protein (meat, fish, eggs, peanut butter), as well as fruits and vegetables, are important as they provide minerals and the **building blocks necessary for healing.**
- During your recovery, avoid fatty, fried, spicy and salty foods.
- Good nutritious foods are very important in the healing process and will help you feel stronger sooner. Soft foods are best to start with.

**Do not take any ibuprofen (Motrin, Advil), aspirin, naproxen (Aleve) or other non-steroidal anti-inflammatory medications, as they may inhibit blood clotting. You may take Tylenol or generic acetaminophen for pain.**