

**RHINOPLASTY**  
**Dr. Kirkpatrick**  
**Preoperative Instructions**

1. Avoid taking **ASPIRIN** or **ASPIRIN-CONTAINING** products (Advil, Motrin, Aleve, Excedrin, Etc) for at least two weeks before surgery. Aspirin interferes with coagulation and can cause excessive bleeding and bruising.
2. **DO NOT EAT** or **DRINK** anything after midnight on the night before surgery or 8 hours prior to arrival.
3. Continue with your regular skin care routine as instructed prior to the procedure. **DO NOT WEAR ANY MAKEUP or MOISTURIZER** on the day of procedure.
4. Avoid drinking alcohol for 48 hours before surgery. Alcohol interferes with some of the medications that are given during surgery.
5. Please let us know of any herbal/homeopathic/diet pills that you might be taking as it may interfere with anesthesia. Please stop all of these at least one month prior to surgery. This includes Omega 3 Fish oil supplements and high dose Vitamin E. You may continue one week after surgery.
6. Avoid sun-exposure/tanning of the operative areas for at least one month prior to surgery.
7. If you smoke, it is important that **YOU STOP SMOKING/using nicotine**, one month prior to surgery. Smoking has detrimental effects on tissue viability and healing and may complicate your overall recovery period.
8. Wear loose-fitting clothes and a button up shirt on the day of surgery.
9. One finger on the right hand needs to be nail polish free.
10. Please make arrangements for someone to accompany you home after the surgery and someone to stay with you during the first 24 hours after you return home. If this is a problem, our office can help you with arranging assistance. Please supply the name and phone number of the person who will take you home upon arrival on the day of surgery.
11. Please remove all jewelry including body piercings, contact lenses, dental prosthetics etc. On the day of surgery leave all valuables at home.
12. Bring all medications prescribed by Dr. Kirkpatrick with you on the day of surgery.
13. Be sure to have Metamucil or another source of fiber on hand following your procedure.
14. **SPECIAL INSTRUCTIONS:** All patients should stop taking birth control pills 2 weeks prior to surgery. Birth control pills may increase the risk of blood clots.