



Dr. Ramin Behmand | 204 23rd Avenue North, Nashville, TN 37203 | 615-576-3232

Rhinoplasty/Septoplasty Pre and Post Operative Instructions

General Information

- If you are a smoker (cigarettes or vaping) or use nicotine supplements, gum, or patches, it is very important that you stop at least 4 weeks prior to surgery. Smoking or using nicotine products can prevent blood flow that is vital for recovery after any surgery.
- It is best to stop any vitamin/medication such as Aspirin, NSAIDS (ibuprofen), Fish Oil, Vitamin E, ADD/ADHD medications and any diet pills/supplements- 1 week prior to surgery and 2 weeks after surgery. These will thin your blood. **Tylenol is ok to take if needed.**
- Make sure you have your prescriptions filled and waiting for you at home prior to surgery.
- It is important to have someone with you at home for the first 24-48hrs after surgery. You may feel groggy from the anesthesia and the pain medications.
- Do not eat or drink after midnight the day before surgery
- Wear something comfortable-a shirt that either buttons or zips in the front and pants that are easy to put on.
- Do not take pain medications on an empty stomach. Eat a light snack 30 minutes prior to taking pain medications. If you find you are nauseous after taking the pain medication, take your nausea medication 30 mins prior to your next pill and this should help.
- Try to stay on top of your pain at first after surgery. Taking your medication as prescribed at first will make for an easier first week after surgery.
- Do not drive or operate heavy machinery while taking pain medication. If you are still taking narcotics by the time of your first post-op appointment, then have someone drive you.
- Constipation is common after surgery from the pain medication and the anesthesia. It is safe to take Mira Lax or Colace after surgery to help prevent this. If you have no improvement after 7 days, please notify the office.
- Stay hydrated and move around as tolerated after surgery. Light walking is ok. Be careful when you change positions from sitting to standing as this may cause lightheadedness. Staying hydrated and moving as tolerated helps prevent blood clots.
- Take deep breaths through your mouth, pump your feet and ankles intermittently, as tolerated, while sitting/laying to help prevent blood clots.
- No strenuous activities, heavy lifting, straining or activities that would elevate your heart rate after surgery until cleared to do so by Dr. Behmand

What to Expect

- After surgery, you will have a splint on your nose. Do not remove this or get it wet. This splint helps support the bones and the healing process. We will remove the internal and external splint at 1-week post-op. Do not attempt to clean the inside of your nose. This could loosen the scabs and lead to bleeding.
- Swelling, bruising, and discoloration are all normal. You may apply ice compresses to your eyes to help with swelling. The most common complaints are: headache/ throbbing pain.
- Do not blow your nose. If you have to sneeze, try to open your mouth for decompression. Do not try to suck in air through your nose. You may end up having to mouth breath until we remove the splints. Keep your head elevated; avoid bending your head down.
- Sleep elevated, at least on two pillows. This helps with swelling.
- You will return to the office 1-3 days post-op. You will see Dr. Behmand and he will clean out your nose if you have internal splints. Around 1 week after surgery, you will return again to see Dr. Behmand. He will then remove any splints you have. He will again clean out your nose and give further instructions.
- You may shower the day after surgery-Do Not get your head wet, wash body only. Once Dr. Behmand removes your splints 1-week post-op you may shower your head. You will want to be very careful with your face as it is still healing. Be extremely gentle washing your face- especially your nose.
- No exercise or strenuous activities where your nose could be hit for 3-4 weeks after surgery. You may return to light activity when Dr. Behmand gives the all clear.
- You're going to see a lot of changes over the first 12-18 months after surgery. Noses take the longest time to get to the final results.

When to call our office:

- If you develop severe shortness of breath, chest pain or are experiencing a medical emergency, call 911 and then notify your physician
- If you develop a fever of 101.4 or higher
- If your pain medication stops working
- If you have markedly increased pain, bruising, swelling or bloody drainage
- If you develop leg swelling or pain
- If you have persistent nausea or vomiting
- If you are uncertain about a medication or treatment
- If you are experiencing any adverse symptoms or changes that you do not understand
- If you have ANY questions or concerns

Dr. Behmand's Office Phone Number: 615-576-3232

If it is after office hours when you call, push one when prompted and you will be transferred to the answering service who will notify the person on call to call you back. Please do not email with medical questions, medical concerns or during a medical emergency as our email is not monitored after business hours or when we are seeing patients.

Signature and Date _____