



Dr. Ziad Katrib

Rhinoplasty Checklist

Neck pillow (to help with sleeping upright)

Wedge pillow or recliner (keep head up as much as possible)

Vaseline or Aquaphor

Q tips

Loose clothes (easy to pull over head, don't hit nose)

Easy to eat foods (soft, low salt, straws, etc) for 1 week

Lots of **water**

Frozen Peas and latex gloves (icing cheeks post op)

Chapstick (optional, for dry mouth)

Biotene mouth spray (optional, for dry mouth)

Arnica – pill and cream form, may help with bruising (optional)

Pineapple juice (optional, for bruising)

NO SMOKING for 6 weeks before and 6 weeks after surgery

PROVIDED BY HOSPITAL/OFFICE

Gauze for under the nose (2-3 days)

Gauze holder (2-3 days)

3M Micropore tape to be used after cast day

Prescriptions from the hospital pharmacy prior to discharge

Antibiotic solution for rib rhinoplasty patients (soaks, irrigation, etc)



Dr. Ziad Katrib

DAY OF SURGERY

Wear loose clothing, no makeup, no piercings

Nothing to eat or drink after midnight the night before. Only small sip of water for medications if needed

Shower the night before, NO cologne or perfume

Arrive 2 hours prior to surgery start time

Bring your ID, insurance cards, container for glasses or contacts, and a driver to take you home or to hotel

OPTIONAL ITEMS

Eyeglass suspenders

Humidifier for room

Nose guards for athletes

Scar tape/cream - for rib site, incision under nose