



Dr. Ziad Katrib

BEFORE SURGERY - RHINOPLASTY

- 1) Avoid aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), and other non-steroidal anti-inflammatory medications, Vitamin E, herbal supplements or any medications containing these compounds for **two weeks** before surgery. Acetaminophen (Tylenol or generic equivalent) and a daily multivitamin are fine
- 2) Stop all nasal steroid sprays **two weeks** before surgery (Flonase, Nasocort, etc)
- 3) Refrain from smoking six weeks before and six weeks after surgery. Nicotine and tobacco smoke delay healing and can result in scarring. This is the perfect time to give up the habit
- 4) Avoid sun damage two weeks before surgery. While we recommend wearing a SPF 30 or higher, our physicians and staff wear a SPF 50 every day
- 5) Your prescriptions for after surgery (typically an antibiotic and pain medicine) will be given to you the day of surgery
- 6) You will need to purchase nasal saline spray (Ocean Spray, Avr, generic is fine), and Aquaphor or Vaseline
- 7) Do not eat or drink anything, including water, after midnight the night before surgery
- 8) Arrange for someone to take you home from the surgery center. You will not be allowed to drive or leave alone. Also arrange for someone to stay with you the first 24 hours after surgery
- 9) If you wear glasses, you can find many eyeglass holders online by searching for “Eyeglass suspension” or Eyeglass support”. These are ok to be worn immediately after surgery, and are very affordable.

If any issues arise, please contact Dr. Katrib’s office at **502.588.7020 (after hours 502.583.3687)**