



Constance M. Barone, M.D., F.A.C.S.
Santa Rosa Northwest Tower One
2829 Babcock Road, Suite 615
San Antonio, TX 78229
Tel: (210) 614-0400
Fax: (210) 614-0408

RHINOPLASTY

PRIOR TO YOUR RHINOPLASTY

Before we can proceed with your rhinoplasty, we will need to complete the following:

- When you are ready to schedule your surgery, please contact Dr. Barone's office (210) 614-0400 to schedule your **FREE evaluation**, where you will get a surgical pricing quote.
- If you are a smoker, you will need to quit for at least **3 months prior** to the procedure because smoking slows down the process of healing.
- You will be instructed to refrain from **Aspirin** or **Aspirin containing products**, such as **Advil, Motrin, Alka Seltzer, Bufferin, Dristan, Excedrin**, and **Midol**. You will also need to stop **Vitamin E, St. John's Wort, Ginseng, and Ginko Biloba** for at least 2-3 weeks prior to surgery as these can cause more bleeding during surgery. For pain or discomfort, use **Tylenol**.
- Approximately one to two weeks prior to your surgery, you will return to clinic for your pre-operative appointment. During this appointment, you will be given pre-op instructions and Dr. Barone will go over all consents with you. All outstanding surgery fees will be due at or prior to this appointment.
- You will be sent home from your pre operative appointment with prescriptions for antibiotics and pain medication. Please have these prescriptions filled prior to your procedure.
- You will be instructed to refrain from eating, drinking anything after midnight the night before your surgery.
- You will need to have someone bring you to and from the surgery center on the day of your procedure. Please make sure to make arrangements for this in advance.
- You should anticipate being off work for at least 1-2 weeks after surgery.

THE DAY OF YOUR RHINOPLASTY:

Your surgery will take about two hours.

- The morning of your surgery, you will be asked to arrive an hour before your scheduled surgery time to allow time to get you prepared for your surgery.



-You will check in at the **CHRISTUS Santa Rosa Surgery Center**, in tower II suite 100.

-You will be taken back to the pre-op holding room and an IV will be started for administration of medication. You will then meet your anesthesiologist and visit with Dr. Barone prior to going into surgery.

-You will be seen the next day in the clinic for a post operative appointment at 2:30pm, unless instructed otherwise. If you have any questions or concerns contact the office at (210) 614-0400.

AFTER YOUR RHINOPLASTY SURGERY

-You will be contacted by Dr. Barone the evening of surgery. **Please be sure she has your correct contact information.**

-Your prescriptions for antibiotics and pain relievers should be taken as prescribed. You cannot drive a car while taking the narcotic pain medication. If you feel you do not need narcotics for pain, you may use extra-strength Tylenol.

-Dr. Barone will instruct you as to when you can shower and wash your hair. You will need to refrain from using hair dyes and hair rollers for **at least 6 weeks after surgery.**

-Your sutures will be taken out in clinic at one of your follow up appointments.

-You will have restricted activity and no exercise for **SIX weeks after surgery.** Remember that when lifting, bend at your knees, keep your head up and don't lift anything >10 pounds.

-Refrain from chewing hard or tough food for the first few weeks after surgery.

-Avoid direct sun exposure on incisions for 2-3 months after surgery.

-You may experience numbness in various areas of the face, neck, ears, etc for weeks, months, and up to a year.

-Your face may be swollen and bruised for the first few weeks after surgery. This reaction is normal and will subside with time. Do not lie directly on your face for one month after surgery; otherwise, swelling will persist longer.

CALL THE DOCTOR FOR:

-If any redness or drainage forms around the incisions after the dressing is removed.

-If the skin is "hot to the touch" around the incisions after the dressing is removed or a temperature >101F.

-For pain not relieved by your pain medication.

For further questions and information please call Dr. Barone's office at: 210-614-0400