Rhinoplasty *Prep Checklist*

Your at-home checklist, organized by timeline. ★ marks the things nearly every patient is grateful to have. "Ask surgeon" items depend on your surgeon's preferences, so check first.

Days 1–3
Stuffy nose, mouth breathing, a drip pad under your nose. Sleep upright.

Week 1
Splint or cast usually comes off around one week. Bruising fades.

Weeks 2–3
Most people return to work and social plans.

Weeks 4–6
Avoid contact sports and glasses resting on your nose until cleared.

Months 6–12+
Swelling, especially at the tip, slowly refines for a year or more.

Four weeks before

- [ ] Step counter
- [ ] Freezer meal containers
- [ ] Arnica tablets ASK SURGEON

The week before: set up your home

- [ ] Cool-mist humidifier ★
- [ ] Bed wedge pillow ★
- [ ] Overbed table
- [ ] Extra-long phone charging cable ★
- [ ] Weekly pill organizer ★
- [ ] Digital thermometer ★

Your surgery bag

- [ ] Zip-front hoodie ★
- [ ] Button-front pajamas ★
- [ ] Slip-on slippers ★
- [ ] Rich lip balm ★
- [ ] Travel neck pillow
- [ ] Ginger chews

Week one at home

- [ ] Non-stick gauze pads ★
- [ ] Paper medical tape ★
- [ ] Saline nasal mist ASK SURGEON
- [ ] Cooling gel eye mask ASK SURGEON
- [ ] Applesauce pouches
- [ ] Reusable bendy straws ASK SURGEON
- [ ] Ready-to-drink protein shakes ★
- [ ] Insulated tumbler with straw ★
- [ ] Stool softener ASK SURGEON
- [ ] No-rinse bathing wipes ★
- [ ] Dry shampoo

Weeks two to six

- [ ] Silk pillowcase
- [ ] Micellar water
- [ ] Fragrance-free moisturizer
- [ ] Wide-brim sun hat

Scar season

- [ ] Mineral sunscreen SPF 30+ ★
- [ ] Color-correcting concealer ASK SURGEON

Talking with *your surgeon*

Questions many rhinoplasty patients ask, with room for the answers. Your surgeon's written instructions replace anything on this page.

Will I have packing, splints or a cast, and when will they come out?

Should I use saline spray or rinses, and when?

How long should I sleep upright?

When can I wear glasses or sunglasses?

When can I exercise, swim and return to contact sports?

When to call your surgeon

- Bleeding that doesn't slow after 15 to 20 minutes of rest with your head elevated
- Severe or worsening headache, or clear watery fluid draining from the nose
- A fever of 101°F (38.3°C) or higher, or chills
- Redness, warmth or hardness that is spreading, or drainage that is cloudy or smells bad
- Pain that suddenly gets worse instead of slowly better, or is not controlled by your prescribed plan
- Bleeding that soaks through your dressing
- Calf pain, warmth or swelling in one leg
- Chest pain, shortness of breath, or coughing up blood: call 911 right away

Surgery date _____

Office phone _____

After-hours number _____

First follow-up _____

MY SURGEON'S INSTRUCTIONS