

NASAL SURGERY

DR. GERUT'S PREOPERATIVE INSTRUCTIONS

FOR OFFICE SURGERY

Patients are required to have preoperative blood tests at their doctors' office or at the laboratory of their choice. The tests should be done no more than ten days before surgery and the results must reach the office no less than two days before surgery.

FOR HOSPITAL SURGERY

Patients must visit the hospital BEFORE the day of surgery for pre-operative blood tests and interviews with an anesthesiologist and a nurse. Some hospitals allow the blood tests to be done at your doctor's office (if the doctor's lab is state approved) or at a private laboratory. Even if your tests are done outside the hospital, you must have a pre-surgical interview at the hospital.

A MEDICAL EXAMINATION and **EKG** may be required before surgery. Please understand that if this is required, it is for your benefit and safety.

DO NOT TAKE ASPIRIN, BUFFERIN, APC, FIORINAL, ALKA SELTZER, ECOTRIN, EXCEDRIN, ANACIN, VITAMIN E or any other medication for two weeks before surgery except as prescribed by Dr. Gerut. **Even Advil, Motrin, Alleve, etc., should be avoided. If necessary you may take Tylenol.** Please check with the office if there are any questions regarding medication.

NO SMOKING for at least three weeks prior to surgery as smoking **drastically** affects healing as well as lung function. Smoking can ruin your surgery, cause major deformities in how you look after surgery and cause severe stuffiness.

No more than one alcoholic drink per day as of one week before surgery as alcohol can cause excessive swelling.

PRE-OPERATIVE MEDICATION **To be taken BEFORE surgery (you will need only the items indicated by check mark):**

 Zofran – Anti-Nausea Take roughly three hours prior to surgery with a TINY sip of water

 Vitamin K1 - Twice a day for 5 days before surgery (not morning of surgery)

 Wash face, especially your nose using Phisoderm daily or twice daily for five days before surgery. This is **VERY** important to avoid infection.

 Multivitamin - 1 daily

 Vitamin C - 500mg 2 times a day for 5 days before surgery.

Please tell if you have ever had any skin conditions such as cold sores, shingles, herpes, etc. You will need certain medicine before surgery to avoid a serious outbreak after surgery.

Please stop **ALL** natural or holistic medications as they may interfere with your prescribed medications and anesthesia. The one exception is arnica in moderate doses.

Please tell us if you have ever been on Accutane, blood thinner, birth control pills, thyroid medicine or other hormone pills.

INI

Prior to surgery, it is highly recommended that you have a facial with deep pore cleansing before surgery. This will help avoid skin infections and severe swelling after surgery.

Nothing to eat or drink after midnight the night before surgery. **Nothing** to eat or drink the morning of your surgery EXCEPT the Emend with a sip of water.

Please make sure you have a thermometer at home as you must take your temperature daily during the first week.

Please wear loose fitting clothing with buttons or zippers down the front and low shoes or sneakers.

Please do not wear make-up, perfume, cologne or face moisturizers on the day of surgery.

Someone has to pick you up after surgery and to stay with you for 24 hours. Please bring their phone number with you.

If you develop symptoms of illness such as a cold or a cough, please call our office immediately at 516-295-2100.

I have been advised of the possible complications (there are other, more unusual problems not listed here):

Bleeding

Infection

Scarring

Stiffness

Asymmetry

X _____

Contour deformity

Need for revisional surgery

Skin infection/necrosis

Relapse of cartilage

Scar tissue build-up

Need for injections to diminish scar tissue

Pimples of face, especially nose

Skin color changes

Sensitivity of skin

Chronic swelling

Your cast will come off at one week however, the bruising may last slightly longer and the swelling will definitely last longer, depending on many factors including how often you massage as you will be directed. Most patients do not see their final results until months or even one year after surgery. If you develop extra swelling and/or scar tissue this may require special treatment.

If there is any change in your medical condition between now and the day of your surgery, PLEASE let us know.

If you wish to take any sedatives on the day of your surgery your consents MUST be signed in advance.

It may be necessary for you to communicate with Dr. Gerut by text or email before or after your surgery. This communication may involve sending information about or photographs of yourself over the Internet from which you may or may not be identifiable. By your initials here you acknowledge and accept this potential breach of your privacy. X _____

I have read the above instructions and complications, my questions have been answered and I understand them fully.

Patient Signature

Date

INI ____

Zachary E. Gerut, M.D., F.A.C.S., P.C.
Diplomat, American Board of Plastic Surgery
Member, American Society of Plastic Surgeons
Member, American Society for Aesthetic Plastic Surgery
Medical Director, Touro University Physician Assistant School
Fellow of the American College of Surgeons

Revised 3/16

Dr. Gerut