

Comprehensive Rhinoplasty Checklist Guide

A. Ask yourself are you a right candidate for Rhinoplasty based on the following conditions:

1. Having a nose that is too small or too big, creating imbalance on the patients face
2. Having a bump on the nose bridge
3. Wide and flat nose
4. Having a nose that droops
5. Having a bulbous nose tip
6. Having flared nostrils
7. Off center nose
8. Breathing difficulties due to nasal blockage
9. Nostrils that are over flared or pinched

B. What is your goal for rhinoplasty?

1. Narrow the bridge of their noses, make them thinner
2. Widen or narrow their nostrils
3. Smoothen their crooked noses
4. Make their noses sharper
5. Raise their drooping nose tips
6. Lowering the nasal bridge
7. Reduction of the Alar Base Width (the nostril base)
8. Correct asymmetrical nostrils

C. Who is your Doctor? Is her adequately qualified?

Accreditations of your Doctor:

Experience of your Doctor:

Location facility of your Surgery:

Plastic Surgeon Track Record:

Rapport With Doctor:

Have you Checked Before and After photos of previous patients?

D. Communication with Doctor Checklist:

1. Upon completion of surgery, where will you be resting?
2. What are the kinds of medications for post surgery? State any drug allergies you may have
3. Will there be bandages used for the surgery?
4. If yes, when will they be removed?
5. Do the stitches need removal? If yes, approximately how long after the surgery
6. When is the earliest time you can resume your normal daily activities?

7. Informed the doctor of your medical allergies and drug allergies? Any drug abuse record?

8. Desired shape of your nose

9. What are the potential risks for the surgery

E. Pre Operation Checklist of Stuff To Prepare:

1. Have you cleaned your house?

2. Get ready post operation soft foods and frozen foods.

3. Clear the rubbish at your home so you don't need to move around to clear them

4. Wash all laundry

5. Have a list of standard things you do for your partner to follow

6. Get the necessary supplements ready

7. Have a thermometer ready for fever diagnosis

8. Get ready a pill case for post operation medication or existing medication

9. Get your laptop charged and ready to pass time after surgery

10. Get some magazines, books or favourite movies ready to entertain yourself

11. Kids schedule and pets schedule should be drawn out for helper/partner

12. Have a caretaker for your dog. You will not be able to get out of the house.

13. Have sufficient supporting pillows to allow adjustment of sleeping

position

14. Get ready a recliner as your upper body needs to be elevated after surgery

15. Get a spittoon or pail beside your bed (preferable with a cover) for vomitting (just in case)

16. Have water beside the bed for easy access

17. All electrical essentials like phone charger, torch light should be near the bed. Some comfort food like crackers can be useful.

18. Have more blankets to shield from feeling cold

19. Have a heating pad to relieve sore areas.

20. Have your loyal helper agree to help you unconditionally

21. Everything you need should be at least at hip level. Bending down is a no-no in the days after the surgery

22. Get slippers that are not slippery ready. If needs be, buy new ones.

23. Get tops that are front buttoned, as well as some comfortable long bottoms

24. For ladies (and some men), get your small mirror beside you just to check every now and then

25. Stay relaxed before the surgery. Do not go for rigorous exercises the week before the surgery. You will not want sore legs with sore backs and sore nose.

26. If the doctor has instructed you to wash your face the night before, do so to prevent bacteria infection

27. Do not paint your fingernails before the surgery. Remove the nail polish the night before

28. Keep the recovery room on the darker side so that you can sleep if you want.

29. Have your iPod on hand to have ample doses of self motivation

30. Get ready at which stage you want your photos to be taken. This can be made into a montage to remind you of the procedure

31. You might be too tired to post on Facebook or your social media accounts. Have a trusted partner to update your friends you are ok

32. Get your mind ready for some serious swelling for the first few days. Do not freak out

33. Remember that all the pain will eventually go away and you will be better looking after the recovery. Stay positive

34. Painkillers approved by your doctor should be brought along with you in case you need them

35. Have pen and paper by your bedside so you can express yourself if you have difficulty speaking

36. Lip balm for dry mouth and lips

37. Laxative, just in case the painkillers do their job too well

38. Humidifier in your room to prevent dry lips

39. Frozen peas or berries in case you need to ice. Ask your doctor about this.

40. For ladies, a handy concealer for obvious reasons

41. Moist tissues for easy cleaning when you cannot shower

42. Pudding or jelly for self treats

43. Remember to tie your hair up before the surgery. Do not put any deodorant on

44. Q Tips! Remember to have them on hand. You will need them to clean your nose. Ask your doctor how long you can clean your nose using Q Tips, too long and it can cause hurt. Go for quality Q Tips that have enough cotton, not those thinly covered ones.

45. Wedge pillow to support you when you sleep upright