

ALARPLASTY / TIP PLASTY POST OP INSTRUCTIONS

1. Please watch the video titled 'Alarplasty Postop Care Dr. Tanveer Janjua New Jersey'. If you search for it in Google or YouTube, you will easily find it. You can also put in the following URL in the address bar of your browser www.youtube.com/watch?v=2js73u20RSA

2. Supplies needed;

- a. Hydrogen peroxide
- b. Cotton applicators (Q tips)
- c. Saline nasal spray

3. Three times a day wash your hands thoroughly with soap and water and then clean the nostrils along the incision line using Q tips dipped in hydrogen peroxide. Also use inside the nostrils to GENTLY remove any dried blood. DO NOT PULL ON ANYTHING. Use lots of peroxide and keep cleaning to make sure there is no flaking or scabs and you can clearly see the stitches. Now use a fresh Q tip to dab the incision dry. Now use a fresh Q tip to apply the antibiotic prescription cream given to you or we might recommend Vaseline. Continue this routine for 2 weeks.

4. Do not push hard on the nostrils with the Q tips

5. Do not touch the nose or face with your fingers

6. Do not blow your nose hard

7. Spray nasal saline spray, 2 sprays in each nostril at least 3 times a day

8. Do not move the upper lip too much as it pulls on the fine stitches of the nose.

9. When eating be careful not to bite into something big like an apple or a burger that might hit your nose. There are no food restrictions

10. You can resume your exercise in two weeks after surgery

11. You can apply makeup on the face starting the day after surgery but not on the incisions for two weeks

12. Wound care after two weeks:

- A. Apply sunscreen on the incision areas every day even if it is cloudy
- B. In the evening use Q tips and cocoa butter with Vit E made by Palmers to massage the incisions for 5 minutes each side for a total of 3 months
- C. At bed time clean the incisions and apply liquid Silicon gel for 3 months.

13. If you have acne prone skin or oily skin then please read our instructions on Acne/Oily Skin Protocol for Alarplasty. It is a separate sheet and will be given to you if your skin is oily.