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ALARPLASTY PREOP CARE INSTRUCTIONS

- 1. Make a habit to not touch your nose or pick it. If there is an itch use a tissue to scratch it but never your fingers.**
- 2. The nose skin in the nostrils can be very oily and sebaceous. These glands harbor bacteria and can effect the healing process. There are a few things you can do to reduce the sebum production in preparation for the Alarplasty. Start the following routine one to three months before your surgery.**
 - a. Wash the nose at night with soap**
 - b. Now use a facial scrub to scrub the nostrils**
 - c. Dry the nose and apply over the counter Adapalene 0.1% gel on the sides of the nostrils. NOTE: DO NOT GET PREGNANT WHILE USING THIS CREAM!**
 - d. Apply Hydrocortisone OTC to the nostrils every morning starting one week before surgery**
- 3. Use Biore Nasal Strips to remove the blackheads from the nose once a week.**
- 4. If possible get Microdermabrasion on the nose one month before the surgery.**
- 5. Hand washing will be the most important habit to prevent any infection of the nose after surgery.**

ALARPLASTY / TIP PLASTY AFTERCARE 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. In your bag

- a) Spray bottle**
- b) Sunscreen**
- c) Silicone gel**

4. 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. It is best to use a spray bottle to spray Hydrogen Peroxide on the incisions before cleaning. Also use inside the nostrils to GENTLY remove any dried blood. DO NOT PULL ON ANYTHING. Use the spray bottle to spray lots of peroxide and keep cleaning, to make sure there is no flaking or scabs, and you can clearly see the stitches. Use a new Q tip to dab the incision dry. Then use a new Q tip to apply the antibiotic prescription cream given to you. Continue this routine for 2 weeks.

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

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

7. Do not blow your nose hard

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

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

10. 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

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

12. You can apply make up on the face starting the day after surgery but not on the incisions for two weeks

13. Wound care after two weeks:

- A. Apply sunscreen SPF 30 or higher every morning even if it is cloudy.**
- B. At bedtime clean the incisions and apply silicone gel (provided) for 3 months.**