

## Post-operative Instructions

### Rhinoplasty

#### Bandages:

- ✓ You stay at the clinic for one day. The postoperative care involves administering medicine (analgesic, and if necessary, antibiotics and anti-thromboembolism medicine) as well as regular checks on the patient's state.
- ✓ Absorbent nasal pads are inserted into the nostrils - these will be removed within three to five days of the operation. The nose is also fixed externally by a splint which is worn for two weeks, two further weeks may be necessary during the night in order to protect the nose.
- ✓ During the first check-up, the bandages are changed and the wound is checked and rinsed with disinfectant. A new bandage is placed over the face.
- ✓ You must not remove the bandages on your own or wash the operated area!
- ✓ In the immediate post-operative period it is recommended to drink more to prevent the mouth and mucosa from drying - this is caused by the breathing with the mouth instead of the nose.

#### Regime and Rest:

- ✓ Until the bandages are removed, it is important to rest. **The ideal position is on the back, with the legs and body slightly elevated, to reduce, as much as possible,** any post-operative complications such as bleeding, haematomas or swelling. However, some of these are likely to appear, even in the eyelid area. Cooling with ice compresses helps to reduce swelling, as well as medication that might be recommended by the physician.
- ✓ You should avoid sudden movements and bending forward as this may cause blood pressure in the head to rise, which could result in the rupture of a vessel and bleeding. Cleaning the nose should be done carefully, only with soft pads and not by blowing.
- ✓ It is recommended to sleep on the back for several weeks of the operation with the back and head slightly elevated.

#### Activities:

- ✓ Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- ✓ Do not drive until you are no longer taking any pain medications (narcotics).
- ✓ Return to work in 1-2 weeks.
- ✓ Avoid strenuous activities or any activity that increases your blood pressure for 2-3 weeks.
- ✓ Avoid body contact sports, hitting or rubbing your nose, and sunburn for 2 months.

#### Incision Care:

- ✓ When washing the face, it is necessary to avoid the area with bandages.
- ✓ Avoid exposing scars to sun for at least 12 months.
- ✓ Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- ✓ Keep steri-strips on.
- ✓ Keep incisions clean and inspect daily for signs of infection.
- ✓ Cold compresses will reduce swelling.

- ✓ Do not shampoo your hair until nose splint is removed, or ask for special instructions.
- ✓ Avoid blowing your nose for 1 week.
- ✓ Be gentle when washing your face and hair or using cosmetics.
- ✓ Do not use facial makeup on external incisions until advised by surgeon.
- ✓ Contact lenses can be worn as soon as you feel like it, but glasses cannot be worn until your nose is completely healed (approximately 2 months). After your nose splint is removed, tape your glasses to your forehead or prop them on your cheeks until completely healed.

#### Massages:

- ✓ It is possible to apply massages of the scar once the wound had been healed.
- ✓ Special lotions or gels minimising scars or haematomas can also be recommended by the physician.

#### Undesirable Habits:

- ✓ Smoking and addictive substances generally speed up ageing and slow down the healing process; they should be avoided (at least one to two months).

#### Possible Reactions after the Operation:

- ✓ In some cases your temperature may slightly rise for a two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the area operated upon.
- ✓ New nose looks better in 2-3 weeks and usually continues to improve for many months.
- ✓ Nasal tip drops to its permanent position in 3-6 months.
- ✓ Final results may not be apparent for a year or more.

#### Possible Complications:

- ✓ Post-operative bleeding, or bleeding caused by insufficient post-operative care at home
- ✓ Swelling
- ✓ Prolonged healing
- ✓ Haematomas
- ✓ Infection of the wound
- ✓ Imperfect effect resulting from nonobservance of the post-operative instructions given by the doctor.

#### When to Call:

- ✓ If you have increased swelling or bruising.
- ✓ If swelling and redness persist after a few days.
- ✓ If you have increased redness along the incision.
- ✓ If you have severe or increased pain not relieved by medication.
- ✓ If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- ✓ If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- ✓ If you have bleeding from the incisions that is difficult to control with light pressure.
- ✓ If you have loss of feeling or motion.
- ✓ If you have a nosebleed or any unusual symptoms.

These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients' capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions.

We would love to see how the healing process went and if you are satisfied with the results. Could you please send us some pictures after 2-3 months after the surgery so we can evaluate the results of the treatment.

**Cosmetic Surgery Post-operative Care:**

For full post-operative care, including wound dressings, removal of sutures, wound fluid aspiration and general advice following the surgery, our patients can receive preferential rates at:

**Medical Express Clinic**

117a Harley Street  
London W1G 6AT  
Tel: 02074991991

or

**Karen Marwood-Jones R.G.N.**

4 Upper Wimpole Street  
London W1G 6LF  
Tel: 07901822393

The cost of the consultation will vary, according to the nature of your surgery. For standard wound care and suture removal, MediCzech patients will be charged only £80 per session.

or

**Judith Jobling, RGN. RM. INP. LLB (Hons)**

Aesthetic and Bariatric Nurse Specialist and Band Fill Practitioner

Beauty Is Skin Deep  
3 Chiltern Avenue, Flixton  
Manchester M41 8SX  
Tel: 07947606275

Free personal consultation at clinic which is situated near motorways and close to the Trafford Centre. Evening and weekend appointments available. Home visits can be arranged at extra cost.