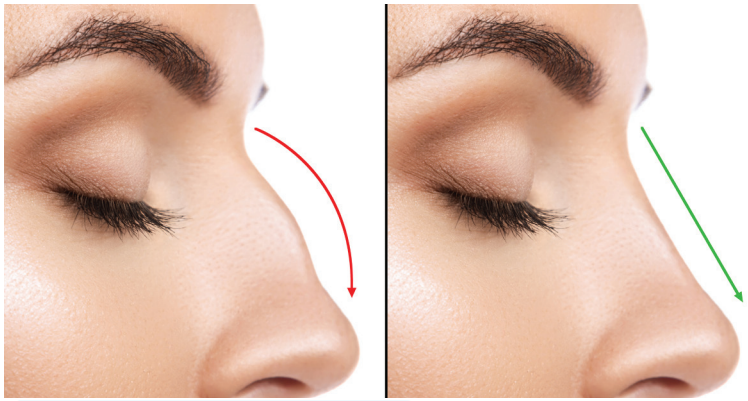


RHINOPLASTY OPERATION

Aster HOSPITAL

We'll Treat You Well

Digital Version



PREOPERATIVE INSTRUCTIONS

- You should not eat or drink at least 8 hours before the rhinoplasty procedure. This includes all food, liquids, water, candy, mints or gum. You may brush your teeth. Your rhinoplasty procedure will be cancelled if you do not follow these instructions
- Remove all makeup and nail polish before arriving for your procedure.
- You can stay overnight in the hospital or get discharged on the same day according to your general condition

THE FIRST 2 DAYS

- Your surgery will last 1.5- 2 hours then you will be shifted to a recovery room for a few hours and moved to your room.
- Keep your head up and sleep with your head elevated for the first couple of days
- Applying cold compresses after the operation on your eyes and cheeks for ten minutes every hour during waking hours often reduce the bruising and swelling during the first 48 hours. Crushed ice inside a plastic bag can help. Make sure the bag is not placed directly on the skin. Use a washcloth or towel between the bag and your skin. Be sure to keep the splint dry
- After rhinoplasty surgery, your nose will be packed with soft nasal packing. The nasal packing will prevent breathing through your nose so you will have to breathe through your mouth. Your mouth will become very dry. Please drink as much fluid as you can
- Mucous membranes can produce extra mucous. Draining of red-tinged mucous through your packs onto your drip pad is normal. You will have a gauze drip pad placed beneath your nose. Change this as needed for the first 24 hours following rhinoplasty surgery. Following removal of the packing, the drainage will eventually subside, and the drip pad will no longer be required
- The nasal packing will be removed next day before discharging, a small piece of cotton will be inserted in each nostril which you will remove by yourself after 2 hours
- Rinse nose with saltwater five to six times per day until your splints are removed. You may then decrease your rinsing to three times per day. The saltwater moisturizes, cleanses, and facilitates healing
- Start using the ointment (Fucidin ointment NOT cream or bacitracin) two times a day (morning and evening) inside the nostrils and over the sides sutures in case of nostrils reduction
- Most patients complain of pressure from swelling and congestion more than pain. Use pain medication as directed/as needed

One week after

You will have a splint (cast) on the outside of the nose for a week, and the cast must remain on your nose for one week after rhinoplasty surgery. It must be kept dry, or it could become loose. Notify your surgeon immediately if the cast falls off.

- Absorbable sutures are usually used inside the nose, which does not have to be removed
- Some external sutures may require removal one week after surgery on the same day of removal the splint
- After the cast is removed your nose will be taped for five days, you will remove it yourself
- If you like after that, you can tap the bridge of the nose and the supratip area during sleeping time can significantly reduce postoperative swelling

POSTOPERATIVE INSTRUCTION

- Sneeze with your mouth open and do not blow your nose for about 2 weeks
- Due to swelling, your nose will be blocked both sides like a heavy cold for 10-14 days after the operation
- Nasal congestion, facial fullness, headache, and disrupted sleep are very normal postoperative symptoms for rhinoplasty and will decrease as the healing process occurs
- You can wear contact lenses the day after the operation, but glasses after six weeks
- Most patients usually resume light activities after a few days, but it will take several weeks before the nose is completely healed to allow for full physical activity
- Most of the swelling has subsided after two weeks, but it may be longer before the skin and soft tissues over the bone and cartilage settle. The swelling gradually dissipates over the first several months, and thus the appearance of the nose changes progressively. It can take up to a year for the final shape to become apparent
- It is normal to have minor shape problems after the surgery. They will most likely improve over time
- Your nose will also feel slightly numb and stiff for several months, particularly around the tip
- It is common to report that upper lip feels stiff and that it is difficult for you to smile. Fortunately, this resolves by itself in the weeks after surgery as the swelling subsides
- The tip of the nose looks over-rotated just after the splint is removed, it will go down with time
- Most patients have minimal bruising that resolves over 1-2 weeks
- Tape plaster will be removed after 5 dayes and the splint after a week.
- Avoid having hot baths

Avoid sun exposure, wear hats and high sun protection factor sunscreen for 6-months after rhinoplasty

- You should have realistic expectations and good knowledge about different reactions of tissue as this is not in control of the surgeon.
- Some cases need retouch in the future

WHEN DO I NEED TO SEE MY DOCTOR?

- The following day after operation for pack removal
- The week after operation for splint removal
- After2 -12 months for follow up

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PLEASE SCAN FOR
THE LOCATION

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