

## RHINOSEPTOPLASTY AFTER CARE

*Dear Patient,*

Please read and familiarise yourself with the pre and post surgery instructions. By reading them carefully, you will achieve the best possible results from the surgery. If you have any questions during reading it, please do not hesitate to speak to the surgeon or the assistant and discuss your questions at any time.

### ADVICE

- Three or four hours after the surgery you must not get up from the bed.
- Do not blow your nose. If necessary wipe or pat the nose gently with an absorbent tissue.
- When the effect of the anaesthetic has worn off, you can feed often and drink a small amount of (milk, refreshments, yogurt, soup, ice-cream). You should avoid chewing hard foods, because the plaster may move.
- For 5 days after the surgery you must take antibiotics, as per doctor's advice.
- For 10 days you must avoid resting the nose on the pillow, therefore you must sleep on your back resting your head on the side of the pillow.
- The day after the surgery you can start eating normally as you are used to.
- One to three days after the surgery the nose tampons will be removed. For this you have to book a time and place for the surgeon or the assistant.
- After the removal of the tampons you will start using the nose drops that your doctor has recommended (3 times 2-3 drops).
- The nose dressing (plaster or other type of plaster) must be kept dry. It will be removed on day 8-12.
- Brush your teeth slowly with a soft brush. Avoid movements of the upper lip so the nose does not move.
- Avoid long or excessive phone calls and social activities for at least 10-14 days.
- You can wash your face carefully without wetting the dressing on the nose.  
**You can shower without wetting the head.**
- Avoid laughing, grinning and excessive facial movement until the plaster is removed.
- Do not wash your head until the plaster is removed, if you do not have anyone to wash you.
- Avoid excessive physical activity. Avoid exercises including athletic and sexual activities.
- Wear clothes removable from the front or the back (not removed from the head) for two weeks. Avoid synthetic clothing and T-shirts.
- However, the person undergoing the rhinoplasty intervention is fit for work a few weeks later. For two weeks the person must not travel by airplane. A month after the operation the person should have another check. For a month and a half the face should not be exposed to the sun.  
For 3 months the nose should be protected from blows.
- Last, the final result is subjective, meaning the nose may be attractive for some but not for others. However a good result is when a normal view is obtained, where all parts of the face are in harmony with each other.
- The statistical data are taken from the American Academy of Facial Plastic and Reconstructive Surgery, and the information is based on the Compendium 2000 of the American Academy of Otolaryngology - Head and Neck Surgery.

*Please, after being informed of the intervention, if you agree, you must sign.*

Surgeon

The interested party