

RHINOPLASTY

Generic Postoperative Instructions

- Take all of your medications as prescribed by your surgeon
- Keep the surgical site clean and dry for 3-5 days and follow all wound care instructions
- Avoid any strenuous activity including exercise for the first few weeks after surgery
- Sleep with your upper body elevated, propped up on pillows, during the first week after surgery
- Avoid smoking and drinking alcohol, as they can slow the healing process
- Attend all follow-up appointments as scheduled and report any concerns immediately

Rhinoplasty Specific Instructions

- After surgery, you may experience swelling and bruising which typically peaks at 48-72 hours and gradually subsides afterwards. To help reduce swelling, it is recommended to sit upright as much as possible during this period.
- Apply cool compresses to the face intermittently in the first 72 hours. It is important to wrap the compresses in a clean towel and not apply them directly to the skin.
- It's essential to avoid blowing your nose for 3 weeks after the procedure as it can put pressure on your nose and may cause bleeding. Instead, please use a gentle sniffing technique to clear your nasal passages. Your nose may be congested for several weeks which will eventually resolve.
- In case of excessive nose bleeding, it is important to keep your head elevated and place a clean gauze around your nostrils. Gently press the soft end of your nose for approximately 10 minutes until the bleeding stops. If significant bleeding persists beyond this time, please contact the hospital for advice.
- Please keep the nasal splint on for one week and ensure it stays dry following the procedure. Apply the prescribed topical cream to the nose as directed.
- After the removal of the splint, moderate swelling around the bridge and tip of your nose is quite normal. This may last few months especially around the tip region. It is

safe to wash your face; however, please be cautious and protect your nose to prevent any damage.

- Douching, also known as rinsing the nose with salty water, is an important practice to keep your nose clean, wash out mucus, reduce inflammation and prevent infections, all of which can help relieve nasal symptoms. Saline solution helps to draw out fluid from any swollen nasal lining, making it easier for you to breathe and opening up the sinuses. To begin douching, start on the first day after the procedure and repeat twice daily for best results.
- There are several over the counter options available for nasal douching. Two popular choices include Sterimar Nasal Spray, a gentle saline solution that moisturises and clears nasal passages, and NeilMed Sinus Rinse, a kit that uses a squeeze bottle and pre-mixed saline packets to flush out sinus and nasal congestion.
- Nasal Douching Video: <https://www.youtube.com/watch?v=GW2PiOfhFtY>



If you have any postoperative care concerns or questions, please do not hesitate to contact us. You may email my secretary or call our office at 01227 764 499.

During out of hours, you could directly contact the private hospital for further assistance.