

Post-surgery instructions after rhinoplasty

AFTER SURGERY

1. You will have cold compresses overnight. Next morning the packs will be removed from the nose after thoroughly soaking them with saline. You can go home after that.
2. You will be given simple painkillers to take home.
3. The splint is to stay on until you return to the clinic, usually after a week.

AFTER DISCHARGE

1. Avoid touching the nose.
2. Avoid blowing the nose. The nose may feel stuffy and blocked – this is likely to be due to swelling which will improve slowly.
3. If you have to cough or sneeze, do this through the mouth.
4. There is no need to clean the inside of the nose. A small amount of moisturizer applied at the nostril may help.
5. For the first two weeks, use extra pillows at night and avoid bending down.
6. For the first five days use of a cooled gel eye mask may help with bruising or swelling.
7. Take simple painkillers (Paracetamol) as needed. Try to avoid painkillers containing Morphine or Codeine. Most patients do not need much painkillers.
8. In case of any worries or problems, please ring the hospital ward straightaway.
9. To make or change a hospital appointment, please ring the outpatient clinic directly.
10. Please email me at anindyalahiri@hotmail.com for any non-urgent queries.

FURTHER APPOINTMENTS

1. You will be seen in the dressing clinic by the nurses (and usually by me as well) 5-7 days after the surgery. The splint will be removed. The inside stitches are dissolving and do not need removal. Any outside stitches under the nose will be removed.
2. The nurses will arrange to see you regularly if needed.
3. I will see you at 6-8 weeks after surgery.
4. Gently massage any outside scars with moisturizing cream.

SPORTS & ACTIVITIES

1. Avoid any strenuous exercises or activities for the first two weeks. In particular, avoid any excessive movement of the arms or upper body.
2. Driving may be resumed from the second week if you feel comfortable.
3. Avoid crowded areas for four weeks to avoid any accidental injury to the nose.
4. You can return to normal activities including exercising, jogging, lifting any heavy objects after six weeks.