



## NOSE RESHAPING

### Post Operative Advice Sheet

#### Rhinoplasty

1. You should arrange for someone to drive you home from hospital.
2. You will experience mild to moderate discomfort after your surgery and it is recommended that you take one or two pain relieving tablets (such as Paracetamol) on a regular basis for the first few days. **DO NOT TAKE ASPIRIN OR ANY PRODUCTS CONTAINING ASPIRIN** as this may prolong or cause bleeding in the early post operative period.
3. There maybe some swelling and bruising following surgery, though this should settle over the first week. You are advised to sit upright throughout the day and prop yourself up with a couple of extra pillows at night for the first two weeks, post operatively.
4. It is important to rest as much as possible for the first 48 hours after surgery, after which you can recommence gentle activities and household chores, but should refrain from undertaking sustained exercise for at least two to three weeks. You are encouraged to move around at home as much as possible and not lie in bed for protracted periods as this would increase the chance of a post-operative thrombosis in the leg or lung (DVT or PE).
5. You should avoid getting the operation site wet for the first week.
6. The nasal splint will remain undisturbed for 7 days. You will then be seen by the nurse in the Dressing Clinic who will remove this and inspect your nose. The stitches use are dissolving and so do not need to be removed.
7. Once the splint is removed you can get your nose wet in the shower each day, as this will speed up the healing process.
8. For the first 4 weeks post operatively I advise to avoid doing any contact sports.
9. I always advise that it is very important to stop smoking prior to your operation in order to reduce the risks of complications such as infection or slow healing of the wounds. You should avoid smoking for the first two weeks post operatively.

10. Following surgery, the type of job that you do determines when you can return to work. If you are mainly confined to deskwork, you may feel able to return to work after one to two days, however, more physical occupations may require a week of recuperation before you feel able to return to work.
11. Massage and moisturise the nose gently 3 times a day with a good quality moisturiser.
12. Though the vast majority of patients experience an uneventful post operative recovery, if you develop any of the following you should contact Mr Armstrong's team:
  1. Temperature greater than 38.5°
  2. Severe pain not alleviated by simple painkillers
  3. Fresh bleeding, not stopped by sitting upright for 30 mins with firm pressure on the nose