

## YOUR RHINOPLASTY AFTERCARE

You are now in the very early stages of healing and these are some of the things you may experience over the next 2-3 months.

It may take some time to become acquainted with your new nose so please don't worry.

You may have different emotions - be very happy or feel shocked, tearful and very emotional, both reactions are very normal at this stage.

### Expect:

1. Congestion/difficulty breathing.
2. Dissolvable stitches that may be visible and will drop out of the nose.
3. To feel irregularities or notice asymmetries. This happens during the healing process.
4. Tingling, a woody sensation and numbness around the tip of the nose.
5. To be very aware of your nose!

### What is important to you now:

1. You may blow your nose gently.
2. Moisture inside of your nose is helpful. Steam in the shower or use inhalations of steam up to 2-3 times a day. This will help with congestion (congestion can normally be a problem for up to 6 weeks). We normally recommend a sesame seed oil spray e.g. Gelositin/Nozoil. These are soothing and minimise crusting.
3. Look after your skin– use a non-soap gentle cleanser and gentle exfoliation for the first two weeks. We will advise you on any additional products. Use a SPF 50 sunscreen all over the nose (including the base of nose) and face, for the first two months after surgery.
4. In the early weeks it is not unusual to detect an odour inside your nose, this is normally from the dissolvable stitches. Clean gently inside your nostrils with a moistened cotton bud.
5. You will see some variable swelling in your nose usually related to your skin type. We will advise you if tapping or massage is required. To massage, place your index finger on either side of the nose just below the bridge and sweep down the cheeks. Work your way down to the tip. Do this for 2-3 minutes as part of your skin care. We will instruct you about tapping if necessary.
6. You may wear makeup as soon as your plaster is removed.
7. Glasses are permissible. They sometimes, however, make an impression on your skin. You may consider contact lenses if your nose is still too tender.

## DO NOT:

1. Have any facials or beauty treatments for up to 6 weeks.
2. Let anyone else inject your nose with fillers.
3. Undertake strenuous 'red faced' exercise for 3-4 weeks to minimise swelling in the skin.  
Refrain from any contact sports for 6 weeks, as your nose will still be very vulnerable.
4. Fly for 10-12 days following surgery.

Your next appointment will be in approximately 12 weeks' time, please do remember you're still in the healing process. It is a long journey of around 6-12 months, and you will need to be very patient, so try to sit back and enjoy it.

## Contact us if:

Your nose becomes red, hot, throbbing or constantly bleeding.

Call the hospital for emergencies out of office hours.

If you get a discharge and redness, then please do send us a photo via email.

## Contact details are:

Clinical Nurse: [liaison@eastandbadia.com](mailto:liaison@eastandbadia.com)

Office: 020 3196 0130 or [office@eastandbadia.com](mailto:office@eastandbadia.com)

## Additional Comments/Instructions

- Gelositin/Nozoil
- Micropore 3M Tape ½"
- Silicone gel for scar improvement – Dematrix, Silderm roller. Apply daily.

## ZO and other skin care treatments

- Oil Control
- Prescription