

Rhinoplasty

Dear nurse of the hospital, according to the comprehensive instructions for self-care and patient education, it is necessary to educate the patient during hospitalization and Rhinoplasty discharge according to this instruction and at least the following content

Preoperative measures and recommendations

- The night before the operation, have soup for dinner and fast from midnight.
- If you have makeup and nail polish, clean it.
- Beards and mustaches in men should be shaved.
- Your nose (especially inside your nose) should be examined by a doctor before designing.
- Remove jewelry, metal objects, head clips, dentures, etc. before going to the operating room.
- Take off all clothes (underwear, socks, etc.) and wear operating room clothes.
- Empty the bladder (urine) before transferring to the operating room.
- Inform your nurse and physician if you have a history of illness or allergies (medication, food).
- Tell your doctor and nurse if you have a specific illness and are being treated, as your medication may need to be discontinued and replaced with new medications.
- Tell your doctor before surgery if you have a fever, cough, or cold symptoms. Before going to the operating room, a serum will be attached to you and antibiotics will be injected according to your doctor's instructions to prevent infection.
- Postoperative immobility can cause blood stasis in the legs and increase the risk of lung infection, so do breathing exercises (deep breathing and coughing) and leg rotation immediately after surgery.

Diet

- According to the doctor's instructions, usually start the fluid diet 6 hours after the surgery and inform the nurse in case of intolerance (nausea and vomiting).
- If you are able to consume fluids gradually, you can use other foods with your doctor's advice.

Activity

- To get out of bed, first sit on the edge of the bed for a while and hang your legs, if you do not have dizziness, blurred vision, etc., walk with the help of the care team.
- Lying down after surgery causes your nose to swell, so try to lie down as usual after surgery.

Taking care

- After the operation, your nose is closed and you can only breathe through your mouth.
- After the operation, a cold compress is used for you, this will minimize your swelling and bruising.

- In the early hours after surgery, minor bleeding in the form of a blood leak from the nasal dressing is normal. Do not worry. In these cases, you can clean your face with a damp paper towel.
- Rest in the open arch and it is better not to sleep on the right and left sides.
- Use a few pillows under your head, try to bend your head back.
- Up to 48 hours after Rhinoplasty, bruises may appear around your eyes. Apply a cold compress to prevent further bruising.
- Tell your doctor if you have shortness of breath or severe swallowing of blood inside your throat.
- If you have pain, tell your nurse to take the necessary measures to relieve your pain as prescribed by your doctor.

Medicine

- The prescribed medications by doctor (antibiotics to prevent infection and painkillers), are given to you at regular intervals by the nurse.

Diet

- There are no dietary restrictions, it is better to use a diet rich in protein and vitamins.
- Avoid hard foods that require long chewing (such as sandwiches, steaks and barbecues) and foods that you know you are allergic to.

Activity

- 10-7 days after the operation, you are able to return to work, but refrain from sports activities for about a month.

Taking care

- Crush a few pieces of ice, put it in the freezer bag and put it on your face, cheeks and upper lip. This will minimize your swelling and bruising.
- No need to apply a nasal compress after 48 hours, except when there is bleeding.
- In the first weeks, do not expose yourself to the heat of the stove, heater and strong sunlight.
- Avoid lifting heavy objects.
- During the few weeks after the operation, breathing becomes difficult due to the accumulation of secretions inside the nose. For this problem, you can use saline solution (washing serum) several times a day. Using a 20 cc needleless syringe, remove the solution from the serum and pour it into the nose, allowing the secretion to be rinsed off.
- Do not discharge nasal secretion with force for two weeks after surgery.
- On the day of departure of nasal plaster, you can take a bath before visiting the doctor, but do not touch the bandage and plaster on the nose.
- Depending on the doctor, change the nasal adhesive once or twice a week.
- Usually, form the nose with nasal adhesive for 3 to 4 weeks at the doctor's discretion.
- Be careful not to get any blows to your nose, for example, sleep in an open arch while sleeping and use buttoned and zippered clothes.

- It does not matter if you accidentally hit your nose in the first few days after the operation, unless the blow is severe or has caused significant bleeding or swelling, in this case see your doctor.
- Sneeze with your mouth open and avoid strenuous facial movements while laughing and crying.
- Swimming, diving, sunbathing, and sauna are prohibited for 1 to 2 months.
- Avoid wearing sunglasses and glasses for a month. If necessary, attach the glasses to the forehead with anti-allergy glue.
- In order to prevent infection, it is necessary to observe personal hygiene and stay away from cold environment and people with colds.

Medicine

- Take medications prescribed by your doctor (such as antibiotics at regular times) as directed.

Next visit time

- See your doctor 3 days after discharge to remove the tampon (if any) and nasal cannula, and 7 days later to remove the splint.
- See your doctor if you have bleeding or swallowing blood and shortness of breath and dizziness.
- See your doctor if a severe blow to the nose causes significant bleeding or swelling.