

Do's & Dont's After Your Operation

- Patients are advised to be sensible and rest at home for a week after their rhinoplasty
- Try to keep the nasal splint dry in the week following surgery. After the splint is removed you can gently wash your nose. A damp cotton bud can be used to clean round the nostrils, but force must not be used
- It is of course best not to smoke before or after your surgery, and smoky environments are best avoided
- Generally normal work can be resumed 10-14 days after a rhinoplasty, although this of course depends upon the individual and occupation
- Avoid blowing your nose for the first week after surgery, and then only very gently for a further 2 weeks. It is best to sniff in or gently dab the nose. The watery spray provided after your surgery can be used for 2-3 weeks while your nose is settling
- It is best to avoid exercise or heavy physical exertion for two weeks after your rhinoplasty. After this resume gently – again use common sense
- Contact sports and other situations where trauma may occur should be avoided for 6 weeks following a rhinoplasty. After this the nose has resumed full strength and trauma carries no additional risk
- Patients are advised to avoid strong sunshine and use a high factor sun cream for 3 months
- Flying is best avoided for at least 2 weeks after a rhinoplasty. The dry air is particularly unpleasant for the nose and there is a risk of bleeding
- If your nose becomes increasingly blocked or painful you should be reviewed as this may indicate an infection
- Small amounts of bleeding or blood stained discharge do occur and generally settle quickly. Significant bleeding is rare, but if it occurs you should seek medical attention. For this reason you should have access to appropriate medical care for two weeks after surgery.