



Care after rhinoplasty

Part 3 of 3

This leaflet explains what to expect after rhinoplasty. **It is important that you read this information carefully and completely. Please initial each page** to show that you have read it. For information on the surgery, and the risks and complications of rhinoplasty, please see parts 1 and 2.

What to expect after the operation

Rhinoplasty surgery is usually carried out under a general anaesthetic (so you would be asleep). The operation usually takes about two hours.

You might be given antibiotics to keep the wound clean.

You might go home the same day, or stay in hospital overnight. If you do go home on the same day, a responsible adult should stay with you for the night.

Your nose will feel tight and sore. Simple painkillers should be enough to keep you comfortable. If your nose was broken as part of the surgery, there will be noticeable bruising around the eyes for about seven to 10 days, with yellowing around the eyes for 10 to 20 days.

Dressings

You will have some dressings in each nostril, and may have a pad under your nose. You might also have a splint over your nose to protect it. Once the splint has been removed, you must be very careful to avoid knocking your nose, as this may affect the final result.

Stitches

Stitches inside your nose will probably dissolve on their own. You may have stitches on the outside of your nose. These would have to be removed, usually after five to seven days after the surgery.

Recovery

You may have a little bleeding from your nose for the first day or two after your operation. Dab this away gently with gauze or a clean handkerchief.

Avoid any activities where you might knock your nose. Activities that increase the blood flow in your face (such as bending down, straining, lifting or having a hot bath) may increase the chance of bleeding.

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Please bring this form with you on the day of surgery.

You can get further information and copies of this form from the website at www.baaps.org.uk

Your initials:





Sleeping with extra pillows to keep your head propped up will help reduce swelling and keep you lying on your back.

Do not blow your nose, and try your best not to sneeze through your nose. If you are going to sneeze, cough it out.

Once the dressings have been removed from your nostrils, you can clear your nose by sniffing into the back of your throat. Unless you are told otherwise, it is better to leave any crusts in your nostrils until you have your post-operative review.

You will be out of bed on the same day as your surgery, and doing light activities after two weeks. You should be able to swim after four weeks, although you should avoid strenuous exercise for six weeks.

Most patients take at least two weeks off work after the operation, depending on their job.

Do not lift heavy things for several weeks, and avoid sex for at least two weeks. With all activities, start gently.

Do not drive until you feel safe. Check your insurance documents if you are not sure.

Seeing the results

It can take several months for the swelling to settle, and many months for the final result to appear. Most patients are pleased with the final result, but some find their new nose difficult to get used to. This may happen to you.

Your aftercare

To protect your nose, and get the best result, look after yourself.

Avoid vigorous activities after your operation.

Protect your wounds as you are told to.

Putting on weight or being pregnant will affect the results.

Maintain a healthy weight and level of exercise.

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What to look out for

Bleeding after surgery can cause swelling, a change in colour, and pain. The signs of an infection are pain, redness, swelling and pus in the wound, and you may also have a temperature.

A blood clot in the leg can cause swelling and pain in the calf. If the clot goes to the lung, you might be breathless or have pain in your chest.

If the wound is not healing well, it may be sore and weep.

If you have any worries after your operation, speak to a doctor or go to A&E.

Important contact details for your surgery

Disclaimer

This document is designed to give you useful information. It is not advice on your specific needs and circumstances. It does not replace the need for you to have a thorough consultation, so you should get advice from a suitably qualified medical practitioner. We – The BAAPS and BAPRAS – have no liability for any decision you make about the surgery you decide to have.

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