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INSTRUCTIONS AND ADVICE FOR RHINOSEPTOPLASTY PATIENTS

Rhinoseptoplasty is a surgical procedure, and as such brings risks associated with any medical-surgical procedure. Such risks, even the most remote, are listed in detail in the “informed consent”.

BEFORE THE SURGERY

It is advisable to use aspirin or any drug containing aspirin in the two weeks prior to the surgery. Aspirin is found in Agesal, Aspro, Bufferin, Cemirit, Kilios, Alupir, Vivin C, Viamal, Ascriptin, Alka Seltzer, Neo-Uniplus... and many others. If in doubt consult your apothecary. Inform the surgeon who will operate on you if in the week prior to the surgery you develop any signs of infection. In particular a cold, fever or spots in the proximity of the nose.

THE FIRST 48 HOURS AFTER THE SURGERY

What to expect: Swelling and discoloration around the eyes is very frequent and can get worse the second day after the surgery. The whites of your eyes can appear red. Light bleeding from the nose will gradually stop. You will have irritation, but minimal pain. If necessary you will be prescribed a painkiller.

What to do: Remain in bed with your head raised (two pillows). You can get up, if aided, in order to go to the bathroom. Only ingest soft and cool foods for the first 24 hours after surgery. After the first 24 hours you can eat everything; however soft foods are preferable because they require less chewing.

THE SEVENTH DAY AFTER THE SURGERY

Usually at this stage the rigid protection that covers the nose will be removed and replaced with a protection of light plasters.

THE FOURTEENTH DAY AFTER THE SURGERY

All protection will be removed from the nose. The result is still not definitive. In particular the nose can seem “large”, frequently presenting an enlargement of the nasal root (the area between the eyes), a large tip, and a flattening of the frontal angle of the nose that gives a temporary appearance of a “Greek nose”.

THE FIRST TWO WEEKS AFTER THE SURGERY

Wash teeth gently and with care. Don't blow your nose. Sleep with your head raised by two pillows. After the first two days you can eat anything; however soft foods are preferable because they require less chewing. If you must sneeze, ensure you do it through your mouth. You must not use glasses for 3 months after the surgery. Generally it is possible to use contact lenses within a few days of the surgery. You can delicately clean the nostrils with cotton fioc soaked in a solution of half hydrogen peroxide and half water. Until the cast or plasters are removed you can wash your face with a damp cloth; later on you will be able wash your nose with any neutral soap.

When the nose is free from all protection (maximum two weeks) you will be able to have a complete shower; however for three weeks avoid putting your face under the full force of the shower jet.

You can wash your hair the two or three days after the surgery, holding your head tipped backwards rather than towards the front and avoiding very hot water.

Eye and face makeup can be applied once the protection is removed. You will be able to resume your

normal activities after the nasal protection has been removed. It is advisable however to avoid laborious activities and exercise for 3 weeks. After this period any type of sport that it does not require direct physical contact (swimming, jogging...) is allowable. The sports that demand physical contact like football, basketball, volleyball, judo etc. are forbidden for 6 months.

Hemorrhage from the nose is very rare and generally is not serious. In the event it should happen, try to remain calm, keep your head raised and apply an ice compress to the nose. You can sunbathe in the months following the surgery but avoided getting burned. Protect the nose with a high sun protection factor cream.

THE RESULT

The patient usually has a “presentable” appearance in the third week after the surgery. After two or three months a good idea of the end result can be had but cannot however be judged until a year has passed. About eighty percent of the swelling will disappear in the first two/three months. For the remaining twenty percent you will usually have to wait one year. This is valid in particular for the tip of the nose, that it is always the last to lose the swelling.