Precautions After Nose Surgery

Posture

1. Sleeping on your back with your head elevated above your heart for 3~4 days after surgery (a recliner would work best) can reduce swelling edema. However, it is not a 'must-do' posture, so if you feel uncomfortable, you can just sleep flat on your back.
2. It is recommended to sleep face-up and avoid sleeping on your side or face-down for up to 1-month.
3. If your rhinoplasty involves harvesting rib cartilage, you may wear a waist-support for 1-week, but be careful not to wear it too tight.

Meals

1. You may drink water first after surgery, and if there is no discomfort, you may start eating soft foods from porridge.
2. **Avoid salty, spicy, hard, wide mouth opening, or long chewing foods for 1 month.**

Bleeding & Swelling

1. Both eyes right after surgery can never look the same. Even the smallest difference can seem very exaggerated at first because of the swelling.
2. The major swelling usually goes away within 1-week, the residual swelling can last for more than 1 to 3 months.
3. **For cold compress, you only have to do it until first 3 days after surgery. After that, cold compress won't be as effective.** In extreme cases of bruising, from the 3rd day after surgery, you may use warm compress because it helps dissolve the bruises.

Precaution when using warm compress

- You can use the compress after soaking it to be warm enough in warm water. **(Do not use microwave)**
- After surgery, **the sensation at the surgical area and its surrounding area may be temporarily dull,** so **make sure to check the temperature of the compress with your other part of the skin (such as, inner part of your arm)** before putting it on the surgical area. This is to prevent skin burns from occurring in the surgical area.

Wound Care

1. You should not take off the tape and splint on your nose by yourself.

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2. **If there is a white cotton-nose packing stuffing inside your nose, please do not remove it. It will be removed by our nurse 2 days after surgery.** If there is a transparent silicone-film in your nose, it will be removed 1-week after surgery. Please do not remove all of these by yourself.
3. The stitches at the nose columella will be removed at 1-week after surgery, stitches at alar reduction area, 10 days, and the stitches inside the nose, 2 weeks after surgery. Please do not remove the stitches yourself. (stitches inside the nose are absorbable and the rest are not.)
4. Do not pick the scabs or touch the wounds inside your nose intentionally. Do not rub your nose with cotton swabs or hand/fingers.
5. **If your rhinoplasty involved harvesting rib cartilage, waterproof tape had been applied to the harvested area after surgery, thus, you may take just simple shower.** If the waterproof tape falls off, make sure that water does not touch the wound as much as possible, and if your wounds get wet somehow, dry it well with hair dryer on the cool setting.
6. Please always keep the incision(stitched) area dry.
7. For scar ointment, you can only start using it at least from 1 month after the surgery.

Exercise

1. Starting from 2–3 days after surgery, light walking may help reduce swelling.
2. It is advised to do light activities such as walking around your neighbourhood/park 1-week after surgery as it helps minimize swelling. Strenuous exercises (gym workouts, swimming, hiking) is only possible 1-month after surgery.
3. You have to be careful not to do any intense physical movement that exerts pressure to your nose.

Face Washing, Shower & Makeup

1. Until the splint and the tape on your nose are removed, please wipe the area other than the surgical area with a clean wet towel.
2. **You can wash your face and makeup on your nose starting from the day after the stitches are removed on your nose columella**. Avoid rubbing your nose too rough or putting too much pressure on it when washing your face. Be gentle and carefully wash your face.

Precautions After Nose Surgery

3. Pore strips, harsh exfoliant products, face scrubs, and cleansers with microbeads or grains are not allowed for 1 month.
4. Sauna or steam bath is not allowed for at least 1 month after surgery.

Medication

1. It is important that you take the prescribed medicine regularly at the same time every day, and **if you experience symptoms such as diarrhea, or rash, please stop taking it and contact our hospital.**
2. The prescribed medication contains painkillers, **but if you still experience significant pain after taking it, you may additionally take Tylenol.**
3. Since multi-vitamin (especially, vitamin E) can cause bleeding, it is recommended to avoid taking it for at least 1-month after surgery, unless it is necessary. (Please avoid taking aspirin for 1-week after surgery.)
4. **It is advised not to take anti-inflammatory medicines because it can cause bleeding.**

Alcohol Drinking & Smoking

Alcohol and smoking are prohibited for 1 month.

: Alcohol may cause inflammation around the surgical area and delay recovery.

: Smoking may also delay recovery and cause scarring.

Post Surgery Progress

1. **Blowing your nose or wearing glasses/spectacle is only possible 4 weeks after surgery.**
2. There are individual differences in swelling and healing progress, and there are differences in swelling between the left and right sides as well. The nose may look a bit upturned or unbalanced right after surgery, mostly due to swelling and it should resolve as the nose heals.
3. If you also had osteotomy performed for your rhinoplasty, you may be required to do nasal massage at the area from the 1st week to 1st month after surgery. Make sure to hear the explanation about how to do the nasal massage properly from your doctor-in-charge first, and follow these instructions.

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4. The swelling of the nose ridge (between the glabella) and nose tip will subside relatively slowly over a few days. It may take about approx. 6 months, for the nose to be stable and to fully settle into its new shape. This differs between individuals.
5. **After surgery, you may experience a runny nose, stuffy nose, or little bleeding. Over time, it will improve. Rest assured.**
6. When moving your lips or laughing, you may experience your philtrum and nose tip feeling a bit stiff and tight. This will only lasts for approx. 2-3 months after surgery. It will resolve gradually.

Emergency Hotline

If you have any of the following symptoms, please call the hospital or the office number of your consultant before coming in.

If you need to contact the hospital immediately

- If you have difficulty breathing
- If you are bleeding profusely
- If you have a high fever of 38 degrees or more or have severe dizziness
- If you have extreme swelling of the wound or a change in skin colour

After business hours

During business hours

Mon–Thu: until 7 PM | Fri: until 9 PM | Sat: until 5 PM

① **Contact your consultant on the office number**

② Emergency contact: **02.512.1288**