



Kulak Burun Boğaz
Hastalıkları

Rinoplasti
Ameliyatı Sonrası
Hasta Bilgilendirme
Rehberi



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- ▶ After the surgery, you will stay in the hospital for one night.
- ▶ It is useful to have a companion with you for the first day.
- ▶ After being discharged, nausea or vomiting may occur due to movement in the vehicle on the way home. Bleeding may occur for a few minutes after vomiting, but this is not cause for concern.
- ▶ Take the prescribed medications in full from the pharmacy on duty.
- ▶ You will be given a list of medications to use for one week. You should use these medications as described by the pharmacist.
- ▶ No medical dressing will be made on your nose for a week. You should change the gauze placed in front of your nose when it filled with blood.
- ▶ Before you are discharged, the nurses will teach you how to wash your nose with seawater spray and how to apply ice. You must comply with these instructions.
- ▶ Due to the medications applied on the first day, your nose will generally be clear and you can breathe easily. From the second day onwards, your nose will begin to swell both internally and externally. Your nose will be congested for a few days. During this time, you should continue to wash your nose. However, it is normal for your nose not to open sufficiently despite washing it for the first four days.

- ▶ We generally recommend that our patients spend the first three days after surgery at home, resting but not bedridden, and taking care of themselves. From the fourth day onwards, you can go out without getting tired.
- ▶ Generally, there is not much swelling or bruising on the face in the first day. The next day, some patients experience swelling and it increases until the third day. Dark circles may appear above and below the eyes. After the third day, swelling and bruising begin to decrease rapidly and within ten days they become almost imperceptible on the face.
- ▶ You may have a pinkish discharge from your nose for the first four days. If dark red and persistent bleeding occurs, you should contact your doctor.
- ▶ Apart from the medications and instructions given to you, it would be more appropriate for you not to request an opinion from any center in the first year and not to use the medications given to you without consulting us.
- ▶ There will be silicone tampons in your nose after the surgery. However, whether we put a tampon or not, your nose will be congested due to swelling for the first four or five days.
- ▶ Starting from the day after the surgery, you can take a shower with help, without getting the nasal bandages wet.
- ▶ We perform our first postoperative check-up in the first week. Meanwhile, the splint on the bridge of the nose, the sutures on the tip of the nose, and the tampon are removed.
- ▶ After your tampon and plaster are removed, bandage will be placed on the back of your nose. Depending on the swelling in your nose, your nose will remain bandaged for 1 week to 1 month.
- ▶ During the first week, our patients can wipe over the bandages while performing ablution and perform their prayers sitting on a chair. After the plaster is removed in the first week, they can pray normally.
- ▶ The earliest time to return to work after this surgery is one week. Patients who want to return to work after the first week check-up can go to work with bandages on their noses.
- ▶ Our patients have no restrictions regarding eating or drinking starting from the first day after surgery. Except for some special cases, no diet will be applied.
- ▶ Our patients living in Istanbul undergo routine check-ups at 1st week, 2nd week, 2nd month, 7th month, 1st year and 2nd year after surgery. Patients coming from abroad can return to their country after the first week check-up. After the surgery, at 3rd month, 6th month, 1st year and 2nd year, patients are evaluated remotely by sending photographs of themselves to the doctor, with their nostrils visible from the front, side and bottom. However, it would be better for our patients living abroad, especially revision patients, to come for a face-to-face check-up in the first year.

- ▶ After the first week, you can blow your nose gently by closing your nostrils one by one from the bottom. Nasal washing with serum will continue for one more month. If you remove the wetness with a cotton swab after washing with serum, there will be less crust and you will be able to breathe more easily.
- ▶ After the surgery, until the vitamins given to you as medication are finished, nasal washing with sea water spray will continue for 1 month and antibiotic cream will continue to be used on the sutures for one more week. Other medications should not be used after the first week unless your doctor tells you otherwise.
- ▶ If you think your scar is noticeable after the surgery, you can consult your doctor by sending a photo from the second month onwards. Scar-reducing creams will be recommended to you by your doctor if needed. Scar-reducing creams should not be used before two months after surgery, as they may negatively affect healing.
- ▶ After performing the surgery and discharging you, we hand over your nose to you. The most common cause of infection is the hands. Poking around inside the nose with your fingers during the first month carries the risk of infection.
- ▶ After the first week, make-up is allowed along with traditional skin cleansing and care.
- ▶ You should wear a hat and avoid sun exposure until the color changes and bruises on your face have completely disappeared.
- ▶ It is important for patients not to swim into the sea or pool for the first month after surgery to prevent infection. After one month, you can swim in the sea and pool.
- ▶ It would be appropriate for our patients to cover their faces with a hat or towel during long-term sun exposure for up to 6 months after surgery.
- ▶ During the first three months, it is not appropriate for patients to do activities that require high temperatures, such as Turkish baths or saunas.
- ▶ Light sports such as brisk walking can be done starting from the second week after surgery. However, for heavy sports, a month should pass.
- ▶ It would be ideal for patients who use glasses to get used to using lenses before surgery and to use them for the first six months after surgery. However, patients who cannot wear lenses can use glasses that are light and do not press on the bridge of the nose from the second month onwards.
- ▶ It is beneficial to avoid excessive facial expressions in the first month after surgery. During this process, wounds should be given the opportunity to heal.
- ▶ Relatives and friends who know that you have had surgery may come right up to your nose, examine your nose closely from every angle, and say various things to confuse you. During this process, you should

concentrate on what your doctor says and your recovery process, not on what anyone else says.

- ▶ If you experience any events that are not what you have been told are normal, you should contact your doctor.
- ▶ In our own practice, we do not see the need for any treatment method to eliminate edema and we do not believe in its benefits. Healing of edema only occurs over time.
- ▶ Edema will be evident for the first six months, especially in patients with thick skin. These patients need to be aware of this and be patient. In patients with thick skin, it takes two years for the nose to heal and fit completely.
- ▶ The post-operative period is called the recovery period and is managed by your doctor. The shape of your nose will change very dynamically in the first six months. In the next period, change is slower and more permanent. It takes one year for the nose of patients with thin and normal skin to fully fit, and two years for those with thick skin. Total recovery time is 2 years for all patients. In other words, the final shape of your nose will appear in the second year after surgery.
- ▶ When a situation requiring revision arises after surgery, the decision for revision must be made by the doctor and the patient together. Except in emergencies, no intervention can be made before one year. The ideal revision period is 2 years for all patients.
- ▶ There is no harm in patients who have had rhinoplasty surgery becoming pregnant after the surgery. However, in the early stages after surgery, swelling due to surgery may cause nasal congestion. In addition, nasal congestion can be a serious problem, especially in the first six months, as there will be extra edema in the nose due to increased body fluid during pregnancy. For this reason, it is recommended that our patients who have undergone surgery become pregnant starting from the 6th month after the surgery.
- ▶ Breastfeeding mothers can have rhinoplasty surgery starting from the 6th month after birth. Breastfeeding mothers can start breastfeeding 8 hours after surgery.
- ▶ Filling can be applied to the facial area 3 months before and after rhinoplasty surgery, and botox can be applied 6 months before and after surgery.
- ▶ After surgery, some patients are given a nostril retainer if deemed necessary. These patients can use the nostril retainer for eight hours a day, in the evenings or while sleeping. After each use, the nostril retainer should be sterilized by keeping it in boiled water for 5-10 minutes. As the swelling decreases, the inside of the nose expands. The nostril retainer will be used until it starts to fall out of the nose on its own. Depending on the patient's needs, the duration of use may vary between 1-6 months.
- ▶ We wish all our patients a good recovery process, with the hope that all patients we touch will get better.



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