



*Post-operative patient information leaflet for:*

**Rhinoplasty - Part 3 of 3**

*This is a post-operative patient information leaflet for rhinoplasty surgery. **Please initial each page,** indicating that you have read it. For information on pre-operative information and the risks and complications of rhinoplasty surgery, please see parts 1 & 2.*

**What to expect post-operatively**

Rhinoplasty can be performed as a daycase, or with a 1-night hospital stay. Most patients find that the operation is not too painful and discomfort can be controlled with mild painkillers.

*Dressings*

You may have dressings in each nostril, and may have a pad under your nose, which prevent you from breathing through your nose. You may have a firm splint over your nose in order to protect your nose and keep it stable whilst it is healing. Once the splint has been removed, this protection is gone and you will have to be very careful of your nose, as damage to it may affect the result. You should leave the dressings intact, avoid any activities where you might knock your nose. Sleeping propped up will help reduce swelling and will help you stay on your back.

*Stitches*

Stitches inside your nose will probably be of the dissolving type and do not need to be removed. You may have stitches that have to be removed on the outside of your nose, which typically need to be removed after 5-7 days.

*Healing*

You can expect to have some minor bleeding from your nose for the first day or two after your operation and can dab this away gently with gauze squares or a clean handkerchief. Activities that increase the blood flow in your face may increase the chance of bleeding, such as: stooping, straining, lifting or taking a hot bath. 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 the nostrils, you can clear your nose by

sniffing into the back of your throat if you wish. Unless you are advised otherwise, it is better to leave any crusts in your nostrils until you have your post-operative review.



If your nose is broken as part of surgery, there will be noticeable bruising around the eyes for about seven-to-ten days, with yellowing around the eyes for 10-20 days.

### *Recovery*

Allow two weeks off work following a nose operation. The initial swelling and bruising will probably have disappeared within the first two weeks sufficiently for you to feel confident to show your face in public again. In terms of exercise, you should be able to walk a distance after three-to-five days, and to swim after four weeks, although strenuous exercise should be avoided for six weeks.

**It will take some time to adjust to your new appearance. It can take several months for the swelling to settle, and many months for the final result to appear.**

### *What to look out for*

Bleeding after surgery may cause swelling, discolouration and pain, and may require a return trip to theatre. Infection initially starts with pain, redness, swelling, discharge and may cause a fever. A blood clot on the leg or the lung may cause breathlessness, chest pain or swelling and pain in the calf. If the wound is not healing satisfactorily, there may be an increase in pain, tenderness, localised discolouration or discharge. If you have any concerns after your operation that you may have developed a complication, please contact a medical practitioner or go to A&E.

### *Important contact details for your surgery:*

#### **DISCLAIMER:**

This document is designed to supply useful information but is not to be regarded as advice specific to any particular case. It does not replace the need for a thorough consultation and all prospective patients should seek the advice of a suitably qualified medical practitioner. The BAAPS and BAPRAS accept no liability for any decision taken by the reader in respect of the treatment they decide to undertake.

**Date of review:** **August 2020** (produced August 2015)

Please bring this form with you on the day of surgery.  
Copies of this form in English, other languages and large print,  
and further information available at: [BAPRAS/BAAPS link]

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