

septorhinoplasty surgery

Preoperative Recommendations

- ✚ Take shower the night before surgery Do not go to bed earlier than usual Keep calm and reflect on your surgery with positive energy.
- ✚ The morning of surgery before going to the hospital or clinic just drink a little water with a 400ml gelofen cpsule.Eating any water or food except this is prohibited.
- ✚ Do not take aspirin and other anticoagulant drugs two weeks before surgery. Tell your doctor if you are taking another medicine.
- ✚ The purpose of this surgery is to have a nose with normal respiratory and olfactory function and at the same time, it fits into your face.

Postoperative Recommendations

- ✚ Lie in supine position. Its better to head elevate 30 degree in order to reduce swelling. Bruising around the eyes is not a problem. If it happens on the third day, you can use hot (not hot) compresses.
- ✚ In the first 48 hours after the operation, the compresses cold is usefule every 15 minutes , for 5 minutes and helps reduce swelling.
- ✚ About 4-6 hours after transfer to ward in case of complete alertness and lack of vomiting It is recommended by your surgeon to use limited fluids and other foods.
- ✚ The following are not helpful during the first month after septorhinoplasty and should be minimize.
 - ✓ lots of laugh
 - ✓ Talk a lot
 - ✓ Food intake requires strong jaw movements
 - ✓ Activity requires lowering the head and face

- ✚ The use of analgesics is according to your surgeon.
 - ✚ Your surgeon will determine your discharge time depending on the conditions during the surgery.
 - ✚ Tell your doctor If the dressing in front of your nose is bloody or has excessive blood discharge.
 - ✚ Your surgeon will determine when to remove the mesh on your nose. It is usually removed 24 to 48 hours after surgery.
 - ✚ Intermittently rinse the nose after removing the mesh and take the following steps every 1 hour until bedtime:
 - Pour 10 drops of nasal sodium chloride into the nostril in each nostril and stay lying for 5 minutes after dropping.
 - Pour 10 ml normal saline syringe (without nidel) with medium pressur in each nostril in standing position till you feel serum in your throat, Eject or swallow this head.
- Remember, Exhale nose with pressure should not be done until two months after septorhinoplasty so continue to rinse your nose



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Patient Guide

Self-care in septorhinoplasty surgery

Nasal bladder repair

Content code:747



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- ✦ It is forbidden to wear glasses for up to two months after surgery, Unless attached to the forehead so that the weight of the glasses does not press on the nose.
- ✦ The activities of daily living are not prohibited from the third day after surgery
- ✦ Tell your surgeon if your nose become red and don't stick to your nose without asking your doctor.
- ✦ Between 7 -10 days after surgery, surgeon will remove your nasal plaster. Take a shower before that. Do not touch the splint .Before this time it is forbidden to wet nasal splint.
- ✦ Ask your surgeon about the method of sticking your nose. Clean your nose with a little warm water and baby shampoo gently.
- ✦ The surgeon informs you to stick nose for 2 months and in the third month it is best to use stick at night.
- ✦ Swimming slowly and uncompetitive, without dipping are allowed after 1 month.

- ✦ After removing the nasal splint and first stick visit your surgeon in following times:

- 1- First week 2- second week
 - 3- forth week 4 -2 months later 5- 6 months later.
- ✦ Grease the nostrils with a small amount of gentamicin ointment at night before bedtime.
 - ✦ The surgeon determines the suture time and it is usually when removing splint.
 - ✦ Listen to the judgment of others calmly and pass it on with a smile .Gradually the result of cosmetic surgery is found within 6-12 months .Sometimes look at your preoperative photos.

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