

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:474



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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 weak 2- second weak
 - 3- forth weak 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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