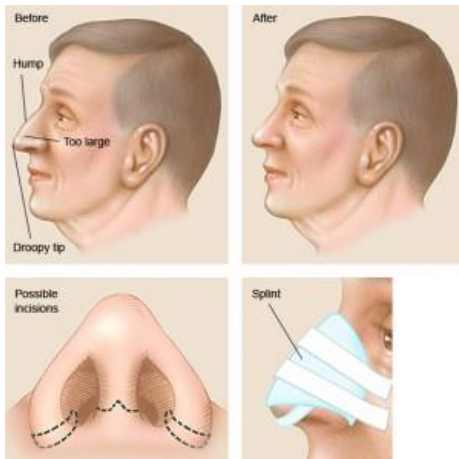


Shiraz University of Medical Sciences

Shahid Dastgeyb hospital



Post-Operative Care After Rhinoplasty

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**CALL THE OFFICE
at +989355553898 if
you have any
questions**

**Reference: American
ENT Associates
website**

**Call Our Office if you
should have any of
these symptoms:**

- Severe nausea
- Inability to swallow
- Inability to tolerate liquids
- Excessive Swelling
- Difficulty Breathing

- Make sure to stay out of direct sun.
 - Expect that you will have bruising under your eyes and in the cheek area, Arnica cream or gel will help reduce the bruising.
 - You may eat softer foods but expect your foods to taste bland.
 - Please take your medications as directed. Your antibiotics are critically important to healing well.
 - Avoid bending over, exercise or house chores for the first week
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Apply a little bacitracin or Neosporin ointment to your upper lip and nostrils to help keep the area clean.

- Keep your lips moist using Chapstick or Blistex.
 - Keep the ice packs on your face for 24 hours
 - Keep your head elevated on 2-3 pillows at all times. This also reduces the postoperative swelling. Remember that the swelling maximizes after the second day and then starts decreasing.
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Congratulations, you have just undergone a complex surgery to improve the appearance of your nose. Your recovery from surgery will be assisted greatly by following these postoperative instructions. You will note that there is a dressing on your nose that will be kept in place for 7 days. The dressing will help give you a better result. Please keep the dressing dry. If blood accumulates on your upper lip or nostrils, please gently cleanse these areas with Q-tips dipped in hydrogen peroxide.

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