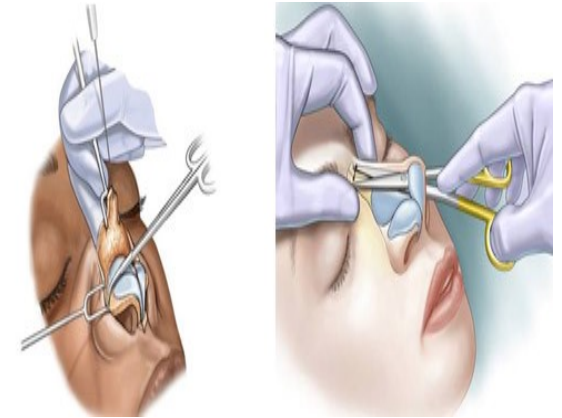


- Avoid laughing, crying and excessive facial movements for at least two weeks and use your mouth when sneezing.
- Avoid long talking and phone conversations and social activities for a maximum of two weeks.
- Avoid manipulating the upper lip and nose so that the nose does not move.
- For at least one week, avoid wearing clothes that do not have buttons and are difficult to pass over the head.
- Avoid the sun, strong lights, heat and heat for at least two months, because it causes tissue swelling.
- Avoid swimming and sauna for two months.
- Avoid smoking for two months and avoid being close to smokers.
- After removing the tampons, for 6 months, wash the nose with sodium chloride serum 3 times a day as you will be taught.

- Take the medicines prescribed by the doctor regularly and avoid taking additional medicines.
- Rest in a semi-sitting position and use two pillows under the head and avoid keeping the head down for a long time.
- Have a relative rest for a week, refrain from physical activities, exercise, lifting heavy objects and rest more.
- Avoid eating hard foods that require a lot of chewing and use soft and mixed foods.
- Avoid blowing your nose and if you have discharge or bleeding, dry your nose with a soft paper towel.
- Brush the teeth with a soft and gentle baby toothbrush.
- Do not use glasses for at least 2 months. If you wear glasses, use the method of attaching the glasses to the forehead with glue. It is safe to use medical lenses after reducing the swelling.
- Before removing the cast, if you need to take a bath, use a bathtub or pour water on the body with a container.
- Avoid taking a shower separately and keep the bath time short and avoid high heat and steam because it will cause the nose to swell more and the dressings to get wet.

Rhinoplasty:

Rhinoplasty surgery is the modification of the external structure of the nose to eliminate congenital and acquired cosmetic or functional defects of the nose. But after rhinoplasty surgery, a series of points must be followed to achieve complete recovery.



Care after rhinoplasty surgery:

Recommendations after rhinoplasty surgery:

Have complete rest on the first day and use soft diet and cold liquids.

A cold compress should be used every two hours for 20 minutes on the bruises for the first 48 hours (before removing the tampons) and a warm compress for the second 48 hours (after removing the tampons) to reduce bruising and swelling in the same way.



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Nose surgery (post-operative care)



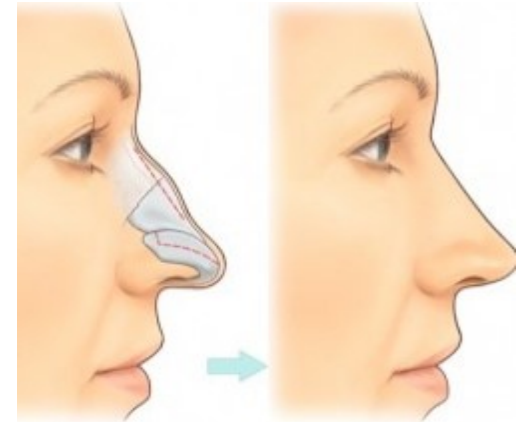
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Avoid touching the nose for 6 months. The use of restorative ointments is only prescribed by a doctor.

In case of any problem, contact your surgeon.



tip :

In order to get the desired result, you must follow the doctor's instructions completely. It takes at least 12 to 18 months to get the final result of the nose.

References :

- He Jenis L, K. Chipper Internal nursing and surgery Brunner and Sodarh. Translation: M. Ali Asgharpour, T. Hanjani Qazalcheh 13th edition. Sociological Publications. 2014
- Review by ear, nose and throat professors of Khalili Medical Education Center