



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
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RHINOPLASTY (NOSE SURGERY)

PRE/POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Prepare your skin for 3 weeks before surgery with alpha hydroxy acid cream (e.g. Environ Alpha Range/Neostrata).
- If you are a smoker – NO SMOKING for 3 months prior to surgery.
- Please book your Rapid Healing* appointments at your pre-operative visit, so that you can start the sessions at your post-operative visit.

POST-OPERATIVE INSTRUCTIONS

- Get plenty of rest.
- The combination of decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet. Be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- You may tire easily. Plan on taking it easy for the first week.
- No strenuous activities, including sex and heavy housework, or any activity that increases your blood pressure for at least 2 to 3 weeks (walking and mild stretching are fine).
- Return to work in 1 to 2 weeks.

INCISION CARE

- You may shower 48 hours after removal of the nasal plugs.
- Avoid steam baths and saunas for several months.
- Avoid exposing scars to the sun for at least 12 months.
- Always use sunblock – regardless of the weather – if you plan to go outdoors or not.
- Keep incisions clean and inspect through Micropore daily for signs of infection or oozing.
- **DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.**
- Keep Steri-Strips on (until Doctor says they are no longer necessary).

- Stay in bed with your head elevated for the first day. Sleep with it propped up.
- You may use cold compresses for comfort and to help decrease the swelling.
- Do not shampoo your hair until the nose splint is removed, or ask for special instructions.
- Avoid blowing your nose for 1 week.
- Be gentle when washing your face and hair or using cosmetics.
- Do not use make-up on external incisions until advised by Doctor. It is important to gently remove all make-up with the recommended facial cleanser – splashed off with warm water.
- You may follow your usual skincare routine – taking care not to apply any creams containing Vitamin E on the incision areas.
- Incision areas may be massaged with aqueous cream for the first 3 months.
- Contact lenses can be worn as soon as you wish, but glasses cannot be worn until your nose is completely healed (approximately 2 months). After your nose splint is removed, tape your glasses to your forehead or prop them on your cheeks until completely healed.

WHAT TO EXPECT

- You will be up and about in 2 days, but it may be several weeks before you are back to your normal full capacity.
- After surgery, particularly during the first 24 hours, your face will be swollen.
- A small amount of bleeding is common during the first few days.
- A splint is applied immediately after surgery for 7 days. Nasal packs may also be used.
- Minimal post-operative pain will be experienced.
- Your nose may ache and you may have a dull headache.
- You will have black eyes and a swollen nose and eyelids for 7 to 14 days.
- Most swelling and bruising should disappear within 2 weeks. Some subtle swelling (noticeable only to you) will remain for several months.
- Healing is a slow and gradual process.
- Some numbness may be present around the operative areas.
- You may experience some obstruction to air-flow through the nose for 2 weeks after the operation.
- Swollen nasal tissues may cause nose to seem ‘blocked up’ for several weeks.

FOLLOW-UP CARE

- If you have nasal packing, it will be removed after a few days.
- Sutures are removed in 5 days. All internal sutures will dissolve.
- Frequent follow-up visits should be scheduled.

WHEN TO CALL

- If you have increased swelling or bruising beyond 72 hours post-operatively.
- If you have increased redness of the nose.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 37°C.
- If you have any drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that does not stop with light pressure.

***Rapid Healing: Omnilux Red Light – speeds up healing by 50%. 8 sessions for R1 000.**

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za