

## RHINOPLASTY – POSTOPERATIVE CARE – FIRST WEEK



### ICE

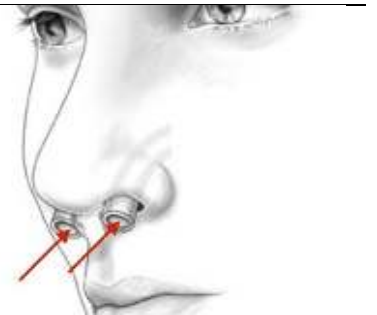
Make ice on the face 4x/day, for 30 minutes, for 5 days.

- **Tip:** the best way is still to use a bag of “frozen peas” with the peas loose (inside the package).  
Sleep with the head of the bed elevated between 30° and 40°.

### CLEANING THE SILICONE TUBES – HOW?

When you look at the base of your nose, you see two silicone tubes. Its function is to allow breathing through the nose after surgery. It would help if you kept them clean.

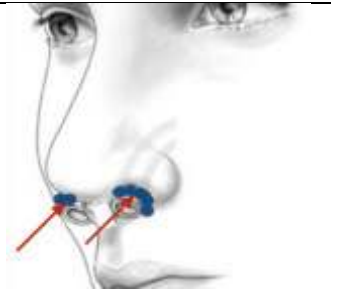
- **Suggestion:** put 2cc of hydrogen peroxide + 8cc of saline solution in a 10cc syringe (without needle). Pour the 10 cc of the final solution into each tube four times daily, and discard any liquid you feel in your throat. This way, you will keep the tubes free for your comfort. You can wash the nasal cavities only with saline or “sea water” from the first post-operative consultation.



### CLEANING THE NOSTRILS – HOW?

It is normal for clots and crusts to form at the entrance to the nose. This can contribute to discomfort, difficulty breathing through the nose, and some post-operative pain.

- **Suggestion:** Keep your nostrils clean. Clean with cotton swabs or even small compresses soaked in undiluted hydrogen peroxide. Cleanse whenever you have clots or crusts. The idea is to go to the first appointment without any clot or crust at the entrance of the nostrils.



### DESINFECTION OF SUTURES – HOW?

When an open rhinoplasty is performed, reduction of the nostrils and/or elevation of the upper lip, there will be several “stitches” on the outside of the nose. They must be disinfected daily with an ointment that will be prescribed for you (Example: Fucicort®).

Even if you have had closed rhinoplasty and no sutures are visible, you should apply the ointment once a day to the tip of your nose for the first two weeks after surgery.



### HEMORRHAGE – WHAT TO DO?

If it bleeds, make more ice, tilt the head and chin forward and place a few drops of neo-syneprine between the skin of the nostril and the tubes (not inside the tubes).

## AFTER THE FIRST POST-OP CONSULTATION

### CLEANING THE NOSE – HOW?

It is possible to have scabs up to 4 or 5 weeks after surgery. These crusts break up and eventually come off.

→ **Suggestion:** until the second postoperative consultation, keep washing with saline or “sea water”, always slowly, 3 times a day.

### PLACEMENT OF ADHESIVE TAPE AND SPLINT ON THE DORSUM – HOW?

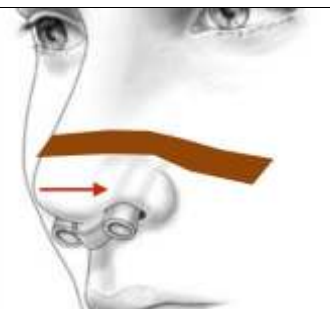
Consolidation of the entire nose takes up to 6/8 weeks. Until the end of the 6 weeks, and whenever you are at home at night, place adhesive tape on the back as shown in photos 2, 3, and 4, and then place the 4<sup>th</sup> tape, as in photo 5, in order to lift the tip of the nose. During the first 2 weeks, sleep with the splint, as shown in photo 6.



### CORRECTION OF SMALL DEFECTS – HOW?

After removing the splint, minor irregularities may appear with the disappearance of the edema and the rearrangement of the osseocartilaginous structures on the dorsum or tip. Until the end of 4 or 5 weeks, the nose is still relatively “modulable,” so it can resolve small changes.

→ **Suggestion:** make a uniform massage, “giving your nose the shape you want.” During the 1st months, do not be afraid to solve minor irregularities with digital pressure (with your finger). If there is any slight leak/deviation from the nose to one side, do not hesitate to counteract it with adhesive tape according to the diagram (put it on when you are at home).



## **OTHER IMPORTANT RECOMMENDATIONS**

---

Avoid very hot foods or drinks.

Do not smoke.

Avoid very hot environments.

Avoid sneezing. If you do, do it with your mouth open. It is common to have minimal blood loss. Comply with prescribed medication.

Avoid efforts. You must stop violent physical exercise for one month (ex: spinning, weight training in general, and others). You can go hiking.

If possible, avoid wearing glasses for the first 8 weeks post-surgery.

If external incisions were made in your case, you should avoid exposing the scar to sunlight for 12 months. Daily use of sunscreen is recommended.

Sometimes your ears will feel clogged, but it will pass with time.

You may feel the tip of your nose and teeth “sleeping.” This sensation will gradually disappear over the first month.

## **THE “BIG NOSE”**

---



The so-called “big nose” implies a  
be a long evolution in practice, and  
months. Follow the instructions and be patient.

very destructuring surgery. There will  
the result may take up to 6/12



## NUTRITIONAL RECOMMENDATIONS (INÊS MOTA | NUTRICIONIST 3514N)

### WHAT KIND OF FOOD SHOULD I TAKE AFTER RHINOPLASTY AND DURING THE RECOVERY PERIOD?

**Soft diet:** examples: boiled or baked apples (cold), yogurts, scrambled eggs (cold), chicken soup (warm), etc.

**Fiber-rich diet:** this food helps the digestive system by promoting regular bowel movements, which helps prevent constipation. Wheat and oat bran, flaxseeds, black plums, kiwi, dates, dried figs, peaches, etc.

**Diet rich in anti-inflammatory foods:** They help reduce inflammation, making healing much faster and easier. These foods are:

**Pineapple:** Pineapple is one of the best food bets after surgery. Making or drinking pineapple shakes is a perfect way to get all the essential nutrients and keep your body hydrated, which is very important for recovery.

**Avocados, Fatty fish, Strawberries, Blueberries, Broccoli, Mushrooms, Grapes, Dark Chocolate, Green Tea, etc.**

### WHAT KIND OF FOODS SHOULD I NOT EAT AFTER RHINOPLASTY?

#### Hard foods

**Spicy foods:** These foods increase blood pressure, which in turn can cause bleeding.

#### Very hot foods

**Salty foods:** Salt can worsen swelling and edema by retaining water, so avoiding salty foods is essential for a comfortable recovery.

### WHAT SHOULD I DRINK AFTER RHINOPLASTY AND DURING THE RECOVERY PERIOD?

**Water:** After rhinoplasty, it is essential to maintain hydration, so it is recommended to increase water intake during the recovery period.

### HOW LONG SHOULD I FOLLOW THESE RECOMMENDATIONS?

Between 1 to 2 weeks. Consumption of alcohol and caffeine should be avoided for at least 6 weeks after rhinoplasty.

### TAKE HOME MESSAGES

- Eat cold or room-temperature foods such as smoothies, yogurts, etc.
- Increase your daily water intake, opting for ice-cold water
- Bet on the ingestion of pineapple or Ananase® (Ananase is an anti-inflammatory containing Bromelain anti-inflammatory enzyme. Ananase is a substance capable of destroying proteins involved in inflammation and clotting)

**Prof. Dr. Miguel Gonçalves Ferreira**

Otorrinolaringologia e Cirurgia Cérvico-Facial

Clinica do Nariz e Face | [www.clinicadonarizeface.com](http://www.clinicadonarizeface.com)

R. Caldas Xavier, 38, 1o Dto, 4150-162 Porto, Portugal | Av. da Imaculada Conceição n° 213, 4700-034 Braga, Portugal

## WHEN YOU HAVE DOUBTS

### E-MAIL

It is the preferred form of contact for any questions or additional clarification.

[clinicadonarizeface@gmail.com](mailto:clinicadonarizeface@gmail.com)

All post-operative doubts (for example, asymmetries, deviations, irregularities, swelling, or nasal obstruction) should be addressed through this route.

**Email composition: Any email sent must begin with the following three pieces of information:**

- 1 - Full Name
- 2 - Date of Surgery
- 3 - The hospital where you were operated on

You must attach a photo of your face without a flash and about one meter away.

### SOCIAL MEDIA

Facebook, Instagram, WhatsApp

**We do not answer queries in these ways.**

### TELEPHONE

Send **SMS** if:

- Bleeding. In case of uncontrollable bleeding, you should go to an emergency department.
- Fever (temperature above 37.5°C)

TELEPHONE CONTACTS:

MAIN SURGEON: \_\_\_\_\_

SECOND SURGEON: \_\_\_\_\_

ANESTHETIST: \_\_\_\_\_