



Post-Surgery Precautions

+ Nose

- 01** Swelling and bruises will occur for 3 days after the surgery. They will subside as time passes.
- 02** Use an ice-pack on the surgical area for 2~3 days after the surgery. When using the ice-pack, please place a thin towel or gauze on the area. Please place the pack around the eye area and make sure to avoid placing it directly on the nose bridge and the nose tip.
- 03** Facial wash and make up are allowed on the day after the stitch removal.
- 04** Please do not remove bandages, a case or cottons inside of your nostrils until a nurse does it.
- 05** Please avoid blowing your nose for 2 weeks. In case of nosebleed, please gently wipe out the blood. Please avoid putting tissues inside of your nostrils. It is normal to have a small amount of nosebleed or oozes for 2-3 days after the surgery.
- 06** Please avoid wearing sunglasses for 2 weeks in case of simple rhinoplasty and for 4 weeks in case of nasal bone reduction.
- 07** Avoid heavy exercises such as aerobics and/ or working out at a gym for 4 weeks after the surgery. Taking a walk is recommended.
- 08** Shower can be done on the next day of the surgery. However, please avoid sauna and hot spring for 4 weeks.
- 09** Please avoid bowing the head or lying face down.
- 10** Using a pillow with a large cushion will help minimize the swelling and bruising. However, please make sure your neck is not bent on the pillow and you don't sleep on your sides.
- 11** Only the painkiller and antibiotic that are prescribed by the clinic should be taken and take them as directed. If the pain persists even after taking the medication, then Tylenol can be taken additionally. Please do not take painkiller that contains Aspirin as it may cause bleeding.
- 12** Drinking alcohol and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can prolong the recovery of scars as it causes the tightening of the blood vessels.