

RHINOPLASTY

Do's and Don'ts



ENT Department

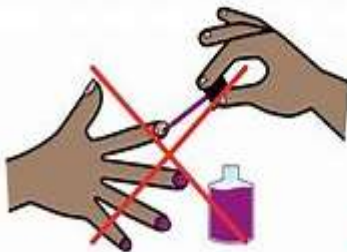
Pre-anaesthesia check-up will be arranged at least 2 days before the surgery.

The Day before Surgery

- Do not eat or drink anything, including water, after midnight the night before your surgery.
- Arrange for someone to take you home from the hospital. You will not be allowed to drive or leave alone.

Day of Surgery

- Please do not eat or drink anything, including water in the morning of surgery. Essential medications may be taken with a sip of water.
- Wear loose-fitting clothes that fasten in front or back. Avoid slipover clothing.
- Leave all valuables at home; do not wear jewelry.
- Do not wear any facial or eye make-up. Avoid nail polish.
- You may wear glasses but do not wear contact lenses.
- If you wear dentures, keep them in.
- Bring CPR and insurance card (if you have) with you.



Post-Operative Care

- Change dressing under nose (if present) until drainage stops.
- Do not blow your nose for two weeks. You may sniff back gently, but no nose blowing. If you must sneeze, sneeze with your mouth open.
- If you have nasal packs, they will be removed before you leave the surgery center.
- Keep the inside of your nose moist with nasal saline spray; 2 puffs per nostril 4-6 times or more per day will promote healing and provide comfort.
- Using a cotton-tipped applicator, apply vaseline ointment to the stitches just inside your nostril and to the skin stitches. Avoid touching the areas with your fingers.
- Keep your head elevated for the first 48 hours to minimize swelling. A recliner works well. Sleeping with an extra pillow or two is adequate.
- Iced gauze pads (gauze pads dipped in ice water and wrung out) should be applied to the eyes and the cheeks for the first 48 hours to minimize swelling and discoloration. Do not use an ice pack of any kind.



- Avoid foods requiring prolonged chewing and avoid excessive facial movements for one week.

- Brush teeth gently with a soft toothbrush only. Avoid manipulation of upper lip to keep nose at rest. You may have some numbness in your upper lip and upper teeth for about a week.



- The nasal cast will be removed after 5-7 days at your follow-up appointment. Do not disturb it. Keep it dry; if it gets wet, gently pat it dry. You may wash your face if you avoid the cast. You may shower and wash your hair.



- To prevent bleeding and increased swelling, avoid extreme physical activity including athletic activities and intercourse. You may resume light walking three days after surgery. Aerobic exercise, weight training, heavy lifting, and straining may be gradually resumed three weeks after surgery. Don't swim for one month since injuries are common during swimming.



- Absolutely avoid sun exposure, sun lamps, or tanning beds for six weeks after surgery. Heat may cause your nose to swell.



- Do not wear regular glasses or sunglasses that rest on the bridge of your nose for at least 6 weeks. You may wear



glasses on your cast, once it's removed, we will instruct you on how to tape the glasses to your forehead to avoid pressure on your nose. Contact lenses may be worn the day after surgery.

- Don't be concerned if the nose, eyes, and upper lip show some swelling after removal of the dressing – this usually resolves within 7 to 14 days. In certain patients, it may require six months for all swelling to completely subside.



- Take only medications prescribed by your doctor.



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