



POST-OPERATIVE CARE

RHINOPLASTY

WELCOME

We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that you're informed ahead of your surgery about your own Post-Operative Care.

We've prepared this Guide to highlight the Do's and Don'ts of Post-Operative Care so you can optimise your own recovery. We've also outlined when you should seek medical advice. We do hope you find it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633. Remember, your well-being is our top priority, and we're here for you every step of the way.

Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.



POST-OP CARE



BRUISING & SWELLING

Bruising and swelling will peak in the first 2-3 weeks post-surgery. Bruising can last 3 - 4 weeks and swelling for up to 24 months. It is normal to feel pain or discomfort for 3-4 weeks.

- DO NOT** blow your nose for 6 weeks.
- DO NOT** itch or rub your nose.
- DO NOT** engage in strenuous activities/exercise for 6 weeks.
- DO NOT** wear any glasses for 6 weeks.
- DO NOT** hold an ice pack directly to your nose. Use soft gel ice packs wrapped in cloth, under the eyes/upper cheek area to help swelling, on and off for 20 minutes.
- DO** be patient for swelling to disappear.
- DO** avoid spicy foods for 6 weeks.
- DO** use Arnica after surgery to help with bruising.
- DO** avoid sneezing for 6 weeks.



MEDICATION

You will be given pain medication which contains a mild narcotic and may make you feel light-headed or even nauseous. You will also be prescribed antibiotics to prevent infection. Anti-Inflammatories, Anti-Nausea, Laxatives, and sleep aids may also be discussed with your surgeon or the nurse team as needed.

- DO NOT** take the pain medication if it is no longer required.
- DO NOT** take Aspirin or any medication containing Aspirin or Vitamin E for 2 weeks after surgery to prevent bleeding & bruising.
- DO NOT** take any unnecessary supplements.
- DO** strictly follow your Surgeon's instructions regarding medication.
- DO** take your full course of oral antibiotics as instructed.
- DO** ask your surgeon about taking Panadol, Nurofen, or Nuromol to help manage pain.



SMOKING

Smoking or vaping nicotine and marijuana use can delay wound healing.

- ✘ **DO NOT** smoke, vape or use nicotine patches for 6 weeks.
- ✘ **DO NOT** smoke or ingest marijuana/cannabis for 6 weeks.



WOUND CARE

Proper care on and around your incision sites will be critical for optimum healing. Rhinoplasty involves internal wound sites, but the primary wound that will be visible to you will be the horizontal or V shaped incision between your upper lip and lower nostrils. You may have a cast, tape, and nostril packing after surgery. The surgeon and nurses will provide instructions on when these will be removed.

- ✘ **DO NOT** get your incisions wet for 7 days after surgery. Refer to Water, Humidity & Sweat Exposure section.
- ✘ **DO NOT** touch your incisions without gloves until healed over.
- ✘ **DO NOT** pull on stitches, even if they are protruding, see Suture Care.
- ✘ **DO NOT** apply scar creams or anything other than topical antibiotics to your incision sites until they are completely scab-free and closed (2-3 weeks).
- ✘ **DO NOT** sunbathe or expose your incisions to sunlight for 2 months. Sunlight can darken scars. After 2 months, use a high SPF sunscreen.
- ✔ **DO** apply an antibiotic ointment (Chlorsig Ointment, Polysporin) twice daily upon arrival home (or as advised by your Surgeon). Use clean gloves or cotton buds.
- ✔ **DO** expect some mucus and or/blood discharge from the nose after surgery. Use sterile gauze and tilt your head back for 40 minutes. Let nurse know if it does not stop.
- ✔ **DO** schedule a check up with your GP to review your incision sites within 1 week after getting home.



WATER, HUMIDITY & SWEAT EXPOSURE

To reduce your risk of infection, you **MUST** keep your incisions dry for 7 days. Even a 5-minute walk in Thailand's humid conditions or a dip in a pool or hot tub significantly increases your chance of infection.

- DO NOT** unnecessarily expose yourself to water, humidity or sweat.
- DO NOT** swim in pools, ocean, spa, jacuzzi, or sauna for 2 months.
- DO** stay inside, preferably in climate-controlled areas to avoid humidity.
- DO** avoid any physical exertion - even mild exertion (i.e. walking).



SLEEP AND REST

Rest is critical after surgery to enable your body to recover. After Rhinoplasty, allow for 2 weeks of rest.

- DO NOT** sleep on your side or front for 6 weeks. Instead, sleep only on your back.
- DO** keep your head elevated with 2 pillows to help with swelling.
- DO** use 2 pillows on either side of your waist to keep you from turning on to your side and to rest your arms on.



FOOD & DRINK

There are certain things to avoid to reduce your risk of post-surgery complications. In any foreign country, the food may contain contaminants, bacteria, viruses or parasites that your body won't be used to that may cause post-operative complications.

- DO NOT** consume alcohol for at least 2 - 3 weeks.
- DO NOT** eat undercooked or raw food, including sushi or salads.
- DO NOT** eat food that has been sitting for a long time. Make sure it's freshly cooked.
- DO NOT** consume ice that may have been made with tap water.
- DO NOT** eat at Thai seafood markets.
- DO** drink plenty of water. Opt for bottled water.
- DO** eat fruits that can be peeled.
- DO** use hand sanitiser before and after eating.



EXERCISE

Exercising too soon after surgery dramatically increases your risk of complications and can slow down your recovery. Your nose is a highly vascular area which means any increase in blood pressure will increase swelling.

- DO NOT** do any activity that elevates your blood pressure for 6 weeks.
- DO NOT** do any contact sports for at least 6 months.



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SCAR CARE & TREATMENT

Everyone will scar differently depending on skin genetics. It's important to prioritise your scar care after surgery to ensure the best results. Keep in mind your scars will continue to improve over the course of 1-2 years.

- DO NOT** start scar topicals until 3-4 weeks post surgery.
- DO NOT** use scar topics on open wounds or scabs.
- DO** use Silicone Gel Strips.
- DO** use StrataDerm Gel.
- DO** continue Scar treatment for 6 months post-surgery.
- DO** speak with a local skin clinic if you're interested in laser treatment or professional scar treatment.



SUTURE CARE

You will have 2 types of sutures used for your Rhinoplasty. Dissolvable and Non-Dissolvable sutures. The majority of your non-dissolvable sutures will be removed prior your departure from Thailand. These are black or blue in colour. Dissolvable sutures will be left intact, they are clear or white in colour.

When it comes to sutures, it's not uncommon for any remaining sutures to make their way to the surface of your skin. Most of the time, you can either feel them poking through, or your body may form a small opening/hole, or a pimple appearance. This is usually a suture that is trying to make its way out, also known as a stitch abscess.

Black or Blue sutures are usually "non-dissolvable", and will need to be removed by your GP. The area then needs to be kept clean with Betadine, with a topical anti-biotic Chlorsig ointment until healed (1-2 weeks). If the suture is clear or white, this is usually a "dissolvable suture". These sutures are meant to be remaining and should NOT be removed. If they are poking out, you can clip them so that they are flush with the skin, but do not tweeze or pull them out. If the area is open, irritated, or looks like a sore/pimple, the area then needs to be kept clean, with a topical anti-biotic (Chlorsig/Polysporin) until healed (1-2 weeks).

If any signs of infection such as spreading redness, hot skin, fever, or severe pain, please see your GP urgently.



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WHEN TO SEEK HELP

Wondering if what you're experiencing is part of the normal healing process? It can often be difficult to decipher when you should seek help after your surgery. If in doubt, please use the Checklist below as a guide.

PATIENT CHECKLIST	YES	NO
Do you have a fever higher than 38°C?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing sharp pain?	<input type="checkbox"/>	<input type="checkbox"/>
Have you noticed that pain killers aren't helping to reduce your pain and/or fever?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced any sudden & visible swelling?	<input type="checkbox"/>	<input type="checkbox"/>
Are your incision sites red and hot?	<input type="checkbox"/>	<input type="checkbox"/>
Do you see puss or unusual discharge coming from your incision sites?	<input type="checkbox"/>	<input type="checkbox"/>
Have you formed any excessive bruising since leaving Thailand?	<input type="checkbox"/>	<input type="checkbox"/>

If you answer 'Yes' to any of the above it may be a sign of infection or complication. In which case, you should contact your Surgeon immediately. We're also here to support you. If you'd like to discuss any part of your recovery, please connect with your Client Manager.

SURGEON NOTES

Medications Prescribed:

Medication Instructions:

Post Op Garment:

Special Instructions:

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.