



Nose Surgery / Rhinoplasty

Postoperative instructions

During the first week following your surgery you can expect to have some bruising and swelling. Do not lie flat to rest or sleep for one week, instead prop yourself up with 2-3 pillows, as this will help reduce the swelling.

Try to avoid sleeping on your side as this can lead to deviation of the nose if sufficient pressure is applied. Using Arnica tablets before and after the surgery can reduce the bruising.

It is advisable not to blow your nose for the first 10 days after the surgery to avoid nosebleeds. If required, the nose can be cleaned gently with wet cotton buds. You may have a blocked nose for a few weeks following surgery due to the swelling, and until the swelling settles, you can use decongestants (in tablet form only).

Avoid strenuous exercise or anything that is likely to increase your blood pressure, particularly within the first 10 days; otherwise these can be resumed in 4 weeks. Try also to avoid leaning or stooping forward, and straining following surgery, as this will reduce the risk of a nosebleed.

If you feel a sneeze or cough coming on, open your mouth and allow the pressure to escape through your mouth, avoiding pressure inside the nose.

The splint will be removed in 5-7 days, along with any sutures at the tip of the nose. Occasionally internal nasal splints are used. These will be removed at the same time. There are dissolvable sutures inside the nose and they will fall out by themselves. Please keep the area dry.

You may be discharged with some antibiotics and it is important that the whole course is completed. Please avoid taking aspirin/anti inflammatory as these can cause bleeding. You may recommence your usual medication as soon as you can eat or drink unless otherwise advised.

Contact Information

During office hours you are welcome to telephone or visit Mr Ion's nurse at the consulting rooms. Please call her prior to your visit on
0207 486 77 57

In an emergency or in case of doubt regarding your surgery and post operative condition, out of office hours, please contact Mr Ion's nurse on **0774 96 44 519** or the hospital where you had your surgery:

West London Clinic
0208 222 7999

The Wellington
0207 586 5959

The Cromwell Hospital
Resident Medical Officer
0207 460 2000

St Luke's Hospital
02073884954

The Hospital of
St John & St Elizabeth
0207 806 4000