



Mr Lucian Ion FRCS(Plast)
Consultant Plastic Aesthetic and
Reconstructive Surgeon

Nose Surgery / Rhinoplasty

Post - Operative 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 surgery can reduce the bruising.

It is advisable not to blow your nose for the first 3 weeks after the surgery to avoid nose bleeds and air trapping under the skin. If required, the nose can be cleaned gently with wet cotton buds. The other options include using saline irrigation solutions (Sinurinse available from Boots the chemist). You may have a blocked nose for a few weeks following surgery due to the swelling, and until the swelling settles, it is possible to use decongestants (in tablets form preferably).

Avoid strenuous exercise or anything that is likely to increase your blood pressure, particularly within the first 10 days as it is more likely to trigger nose bleeds. Exercise can be resumed in 3-4 weeks following surgery. Try to avoid leaning or stooping forward, as well as straining following surgery, again to reduce the risk of nose bleed.

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 7 days, along with any sutures at the tip of the nose. Internal splints are often used. These will be removed at the same time. There are dissolvable sutures inside the nose and they will fall out by themselves.

You may be discharged with some antibiotics and it is important that the whole course is completed. Please avoid taking Aspirin/anti-inflammatory medication as these can cause bleeding. You may commence 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

129 Harley Street, London, W1G 6BA

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It is best to avoid wearing glasses or shades that take support over the bridge of the nose for the first 6 weeks following your operation. Glasses or shades that take support on the side can be used starting at about 2 weeks after surgery as they are not likely to influence the shape of the nose.

It is best to avoid flying for the first month after your operation. If you need to fly for work purposes before this period of time, try to avoid flying at least for 2 weeks and in the course of the first 1 or 2 flights, you can take an Aspirin with food to thin the blood and reduce the risk of clots in the leg veins.

It is important to walk around very early after your operation so that the circulation in the legs is restored. Although the risk of clots in the leg veins with this type of surgery is relatively low, it is important to address it as the problems related to it can be severe.

If you want to wash your hair in the early days after surgery, you will need to try and protect the splint from the water. You can wash your face gently around the dressings but for the hair, you will need to lean back and avoid the face being soaked by the running water.

Most people find that the tip of the nose is quite numb in the early stages after surgery. This is a perfectly normal occurrence and should not alarm you. The feeling in the tip of the nose will return gradually, but in the course of a few months' time.

If you tend to ride a motorbike, it is important to be careful when applying helmet to avoid injury to the nose. This is particularly relevant in the first month after your surgery, after which the strength of tissue recovery is much better and the likelihood of injury decreases significantly.

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