

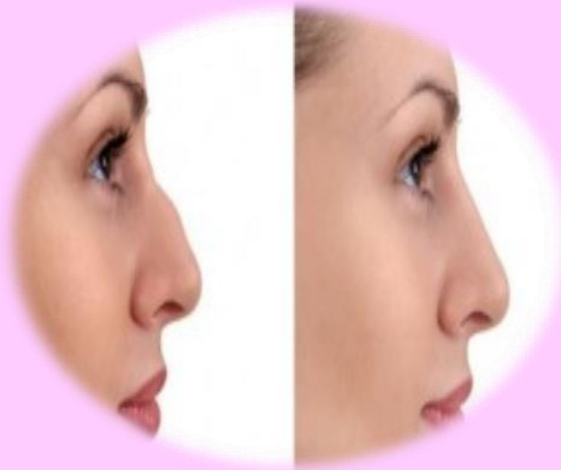


Bohloul Hospital

Allameh Bohloul Gonabadi Hospital

What is Rhinoplasty

Information booklet for patients



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What is Rhinoplasty ?

Rhinoplasty or nose cosmetic surgery is composed of two words, rhino and plastic.

Rhino means nose and plastic means to correct or beautify.

Rhinoplasty is one of the most common plastic surgeries. This nose surgery causes the nose to shrink or enlarge, changing the shape of the tip of the nose and the width of the nose.

Types of rhinoplasty:

Two types of rhinoplasty can be performed, open surgery and closed surgery;

In open surgery, a slit is made in the tissue between the two nostrils.

In closed surgery, the slits created are completely inside the nose.

Open surgery usually takes longer than closed surgery.

Operation duration:

Rhinoplasty or nose surgery takes between 1 and 3 hours

To do this, the patient will be put under general anesthesia.

What age is suitable for surgery?

After the age of puberty, if the person's physical and mental development is complete, surgery is possible, and after that there is no specific age limit.

Preoperative recommendations:

The surgeon usually asks for some photos of the face and some tests.

In necessary cases, CT scan or radiology photos are required.

It is recommended not to use aspirin and ibuprofen two weeks before the operation

Of course, there is nothing wrong with taking acetaminophen or acetaminophen codeine.

It is recommended that the patient fast for at least 8 hours before the operation.

It is better to take a bath the night before the operation.

For men, if the hair inside the nose is long, try to cut it short and be sure to shave your face.

Post-operative complications:

Temporary swelling
numb

Bruising around the eyes

Long headaches with bleeding and dry nose

Accumulation of blood under the skin (hematoma)

infection

These side effects are temporary and disappear after a while.

Compliance with the following will help reduce inflation:

- 1- There must be two pillows under the patient's head.
- 2- Avoid physical activity.
- 3- Avoid sunlight, heat, computer light, and low-energy lamps, because ultraviolet rays cause more swelling.
- 4- Frequent use of cold pills for adults every 6 hours is helpful.
- 5- Accurate taping also helps to reduce swelling and the doctor applies the tape twice a week.
- 6- Swelling is severe in the first three weeks and after that the swelling decreases, but slight swelling can be seen up to six months after rhinoplasty.

Post-operative care:

The intranasal tampon, which is effective in reducing postoperative bleeding, is removed 1 to 4 days after the operation.

Usually, the plaster or plastic frame on the nose is removed about a week after the operation.

If there are stitches on the skin of the nose, they will be removed after 4 to 6 days depending on the opinion of the surgeon.

What points should the patient pay attention to after rhinoplasty?

On the first day, have complete rest and a diet of cold liquids.

The cold compress should be used every 2 hours for 20 minutes on the bruises for the first 48 hours, and the warm compress should be used for the second 48 hours to reduce bruising and swelling in the same way.

Take a relative rest for one to two weeks.

Avoid heavy physical activity and lifting heavy objects.

When resting, sit in a semi-sitting position and use two pillows under your head.

Medicines prescribed by the doctor should be taken regularly.

Avoid eating hard foods that require a lot of chewing.

Avoid finning, and if there is discharge or blood, wipe it with a soft paper towel.

Brush the teeth with a soft toothbrush and avoid touching the upper lip and nose.

Avoid laughing, crying, excessive facial movements for at least 2 weeks.

Do not wear glasses for at least 2 months.

Smokers should quit smoking until complete recovery.

Don't hesitate.

Contact your surgeon if there is a problem.