

Post-Operative Instructions: Rhinoplasty procedures

Thank you for choosing Pall Mall Medical to have your operation. This leaflet contains important information about what to expect after your surgery and advice about aftercare and follow up. Please read it carefully.

What to expect following your surgery:

Following your surgery, it is quite normal to feel some minor pain and discomfort. **Everyone's experience is different.** Sleep upright to avoid excess swelling and avoid bending forward. You will get a dry mouth and lips as you will be breathing through your mouth at first- drink plenty of fluids and use Vaseline on your lips to help reduce discomfort.

You will have been discharged with medications to take to help control your pain, follow the instructions given to you on your discharge.

If you have had general anaesthesia or sedation, this can temporarily affect your co-ordination and reasoning skills. It is strongly advised that you must not drive, drink alcohol, operate machinery or sign legal documents for 48 hours afterwards.

You might feel tired or drowsy for the first few hours - this is related to the anaesthetic and medication given for the surgery.

You will have some pain and discomfort for the first few days - taking regular painkillers will help. Maximum discomfort will occur on the first few days. If pain worsens or is feeling hard to manage, please contact the clinic for further advice.

Bruising is common after surgery but will disappear over time. Bleeding at the site of surgery - some light bleeding is not uncommon, but if the bleeding seems heavy and is causing concern, please contact us.

Wound infection is a potential risk of any operation. If you develop a raised temperature within the first week or are worried about infection, please contact us to speak to the surgeon or nurse in charge. If you have been given antibiotics, please be sure to complete the course.

Driving:

- You should not drive yourself home following your procedure or for a minimum of 5 days following surgery.
- If you are in doubt about driving, contact your motor insurer so that you are aware of their recommendations, and always follow your surgeon's advice.

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Activity:

- Limit your activities for the first week to avoid unnecessary bleeding. However, do not remain immobile due to the risk of deep vein thrombosis - keep stockings on until you have returned to your normal mobility.

Dressings:

- Leave cast on and intact until it is removed in clinic. It is vital it stays in place for the first week- any self-adjustment may affect your final results
- Dressings will usually stay on 1 week post op where an appointment will be arranged with a nurse at your clinic where they will check your wounds and change your dressing as required. Then normally 6 weeks post op, a follow up will be arranged for you to see your surgeon.
- Please contact your clinic where staff will be happy to change your dressings earlier if required.

Aftercare:

- After a couple of days, you will have dried up blood in your nostrils- avoid picking or inserting tissue or cotton buds - Sterimar spray will help to clear nostrils. Do not force breathing through your nose- this will come in time once nostrils are clear, and swelling subsides.
- You will have gauze taped under your nose to help catch any drainage- you will be provided with spares- change these as often as you feel the need; be careful not to move your cast.
- Avoid wearing glasses
- Do not apply anything on to your scars unless advised by your own surgeon.

Smoking:

- Avoid smoking and using any nicotine products during your recovery and this will affect your body's ability to recover and can delay wound healing.

Medication:

- Please inform staff if you take any other medications to minimise the risk of contraindications.
- Take all medication exactly as prescribed. Oral pain medication, antibiotics and any other medications prescribed or recommended to you by your surgeon.
- Complete the full course of antibiotics if prescribed.

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Good nutrition:

- Stick with a light nutritious diet for the first 24- 48 hours. Following your surgery, it is important to eat foods high in protein and full of vitamins and minerals to help aid the healing process.
- Avoid eating or drinking hot food or drink for the first few days as it may increase bleeding.

Emergency care:

We have a dedicated nurse on call team, you should contact them immediately if you experience any of the following:

- A high fever, (over 38c)
- Severe nausea and vomiting
- Continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Excessive bleeding leading to your dressings leaking

Details can be located in the useful contact number section below.

Section to be completed by Ward team:

Patient Information Leaflet

Patient Name / Insert patient sticker:		
Follow up appointment:	Date & Time	
Looking after you today:		
Useful numbers / contact information		
For Clinical assistance or aftercare information	8am-8pm: Ward nursing team	0161 509 5770
	Out of hours (8pm-8am): Emergency nurse on call	0778 086 9607
General enquiries		0330 058 4455
Reschedule / arrange a post op appointment or to contact an aftercare coordinator	Patientexperienceteam@pallmallmedical.co.uk 03300 58 44 55 – select option 2 and then option 4	
Webpage:	www.pallmallmedical.co.uk/cosmetics/your-care-aftercare/	
Feedback:	https://bit.ly/pmm-feedback	