

Postoperative instructions after nose surgery

After the rhinoplasty surgery you will have a splint over the bridge of your nose for 10- 14 days and you will have packs inside the nostrils for 3-4 days.

Packs can be removed 3 to 4 days after the surgery. You may remove packs yourself or it's possible to have it done at our clinic. It is very easy to pull out packs from the nostrils. Now I give you to know how to pull out the packs. Take the tweezers and slowly pull, first from the first nostril and then out from the other. It is possible that your nose will bleed a little after removing packs. Please take tissues and hold it in front of the nostrils for a few seconds. Do not blow your nose when you wear the splint. You could clean the nostrils inside with cotton swabs 4-5 days after the surgery. Soak the cotton swabs in water and clean every three hours during the day. If crusts have been formed inside the nostrils, you need to use Vaseline. Apply Vaseline on cotton swabs and put it in the nostrils, wait and clean again in about 30 minutes. The crusts will release from the mucosa more quickly.

Now I'll tell to you how to remove the splint. **The splint should be removed 14 days** after rhinoplasty, where nasal bones have been also reduced **or 10 days after nose tip surgery**. Hold the splint with your fingers, then slowly spread it out and remove it. Clean the skin with the skin cream, which you usually use, put the cream on the facial cotton swabs and clean the skin. Then the **splint should be used for another 10 -14 days only during the night**. The swelling will be reduced faster. You could use splint or strips of patch for the night. In the morning remove the splint. With this way the swelling will be reduced faster.

3 to 4 weeks after the rhinoplasty surgery you need to start massage of the nose.

Usually 3-4 weeks after the operation, it is possible to perform pressure massages. You will find out whether you need to massage or not at the postoperative check-up, either in person or with help of photos, which you can forward to my email.

Massage technique - place the index finger on the tip of the nose, thumb and middle finger over both sides of the nasal wings, push and hold for 5-10 seconds, then release your fingers, wait a few seconds for the skin to straighten and repeat again several times. Perform the massage in front of the mirror in the morning or in the evening for 5-10 minutes. It is necessary usually to perform the massage for 1-2 up to 4 months after the surgery. But sometimes you need to do massage even longer time. The scars after rhinoplasty are located inside of the nose, not on the skin. During the surgery the skin is released from the underlying structures, this means skin is separated from the bones and cartilage tissues and these structures are reduced. Strong scar tissues are creating especially above the nasal tip. That is the reason why the massages are very important and significantly affect the final shape of the nose.

Massages are very important and significantly affect the final shape of the nose, and therefore it is necessary to pay regular attention to them after the rhinoplasty.

We have also made an instructional video about postoperative care after the rhinoplasty.

<https://www.youtube.com/watch?v=-8h4Wh2ZBYM&t=1s>