

RHINOPLASTY

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These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions, it may increase your risk of possible complications and compromise results of the procedure.

What To Expect After Surgery

HOSPITAL RECOVERY & DISCHARGE

- ✓ After a rhinoplasty surgery it is normal to stay in the clinic for 1 night. You will be offered a menu to select meals and beverages for the duration of your stay.
- ✓ After your surgery you will wake up in your room. The medical staff will regularly monitor you during your stay in the clinic. We encourage you to maintain open communication with them to help make your stay as comfortable as possible.
- ✓ Upon discharge you will be provided with a "goodie bag" with all essential medications, antibiotics and dressings for your recovery at home as well as written post-operative instructions.

PAIN LEVEL

- ✓ Expect to have pain, buises and numbness in areas. You will be able to breath through your nose, although it may be slightly limited. . Usually breathing returns to normal 3-4 weeks post op. Maximum discomfort will occur during the first few days. Pain should be controlled by painkillers. For dosage please refer to the instructions leaflet in the "goodie bag".

COMPRESSION GARMENT/CAST

- ✓ You are required to wear the cast for 14 days.

SUTURES

- ✓ Stitches are not dissolvable and are typically removed 7 days post op.

SHOWER

- ✓ You can take a shower the next day after surgery. Let soapy water run over incisions, but do not scrub them.

COPING EMOTIONALLY

- ✓ Surgery places stress on the body and mind. Emotional stress is a real thing in the post-operative period. You may second guess your decision to undergo surgery, you may have feelings ranging from anger to guilt, you may even find yourself in tears just wanting to feel like your normal self again. This is natural phase of healing process and will soon becomes a distant memory.

POST OP APPOINTMENTS

- Post-op appointments can be booked at the front desk or by contacting the clinic over email. At the Kaunas clinic, post-op check-ups are free within the first year after surgery. In London and Dublin, appointments are available according to our visit schedule, with a non-refundable fee. Due to limited availability, advance registration and payment are required.

SCAR CARE

- Scar care is about helping your skin heal well and minimizing the scar's appearance over time. It involves keeping the scar clean, moist, and protected. Use silicone gel or sheets to help flatten and soften scars, massage the area gently to improve circulation, and always protect it from the sun with sunscreen or clothing to prevent darkening. Consistency is key for the best results.

Returning To Daily Activities

HEALING & SWELLING

- Do not wear glasses for at least 3 months post op, unless you are wearing a cast. Do not blow the nose for at least 3 weeks post op.
- You may notice an unpleasant smell for 2–4 weeks after surgery. This is usually part of the normal healing process, does not typically require medical treatment, and should resolve on its own.
- Rinse your nose with sea water 3 times per day. Apply the oil 5–6 per day or more often if needed.
- DO NOT SMOKE. This is very important.
- Do not touch the incision sites. If this is unavoidable, make sure to disinfect hands and incision area first.
- Swelling will be present for 6–18 months post op. This requires patience as healing takes time.
- Surgical procedures can often dry the skin. To help maintain healthy skin around the incision area, we recommend moisturizing thoroughly. Keeping the area well-moisturized can aid in your comfort and support the healing process. Once the cast is removed consider facial cleaning or carboxy treatment to the face.

WARNING SIGNS

- A fever of 38°C or higher.
- Shaking or chills.

- / Heat in the area and bright red skin that is hot to the touch.
- / Nausea or vomiting.
- / Increased pain, swelling and redness that's getting worse.
- / Continuous fluid, pus and smell from your stitches.
- / Separation of your stitches.
- / Sudden shortness of breath or trouble breathing.
- / Any unexplained or unexpected symptoms and any pain that cannot be controlled by your pain medication.

HYDRATION & NUTRITION

- / Rehydrate your body often. Surgery of any kind can reduce fluids in your body. Drinking water frequently will help replenish these lost body fluids. Also, eat lightly for the first few days and only food that is easy to swallow and digest.
- / Do not drink any alcohol if you are taking any medication.

EXERCISE & ACTIVITY

- / After surgery you will be mobile. Start gentle walking as soon as possible to help reduce swelling and lower the risk of blood clots.
- / Straining, bending, and lifting must be avoided since these activities might cause increased swelling, bleeding, and may cause disruption of the healing process. Strenuous exercise and activities are restricted for 3-4 weeks.

SWIMMING & SUN EXPOSURE

- / No bath, pool, jacuzzi, ocean water for 8-12 weeks post-surgery or until your wounds are fully healed. Diving is prohibited for at least 12 weeks post op.
- / Your scars may remain red and raised for several months. Most patients notice them gradually fading and softening over the course of 12-18 months, but this process can vary. Be patient—scar improvement takes time. Avoid exposing scars to the sun and sunbedding. If sun is unavoidable always apply strong sunscreen.
- / We advise waiting for at least 6 weeks before a spray tan appointment or until the incision heals completely.

DRIVING

- ✓ You should be able to drive the next day after surgery. To be fit to drive, you must no longer be taking any sedative medications and must be able to operate your car safely and comfortably.

MAINTAINING RESULTS

- ✓ Every patient is unique and surgery results can vary from patient to patient. Your body will change with age. The appearance of your nose will change too. With age, gravity and collagen loss can cause the cartilage to weaken and droop, making the nose appear longer or larger. To maximise the longevity of your surgery results, it is important to maintain a healthy lifestyle.

RETURNING TO WORK


- ✓ Each patient is different, so your time off work will vary depending on your recovery speed and the type of work you do. Allow yourself at least 2 weeks to recuperate before returning to non-strenuous work. Remember, it is up to you to decide when you are ready to return. If your job is physically demanding, you may need to take more time off.

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