



AESTHETICS
INTERNATIONAL

PATIENT ADVICE SHEET
RHINOPLASTY

Do not eat or drink anything 6-8 hours before the surgery. Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. This includes candy, gum, and mints.

Shower as directed. Do not use any hair gel or any other styling products, hair spray or cosmetics. Remove all finger nail and toe nail polish.

Dress appropriately:

- **Do not wear cosmetics, jewelry of any kind, contact lenses, hair clips, or body piercings.** If there is something you cannot remove, let the admitting nurse know right away.
- **Wear comfortable, clean, loose-fitting clothing.** Wear only a top that zips or buttons in the front. Do not wear pullovers, turtlenecks, or any tight-fitting top or bottom. You may wear a robe. Wear slip on shoes. Wear clean cotton socks, as the operating room can feel cool.

Relax. Get plenty of rest and avoid unnecessary stress. Call our clinic with any unusual anxiety or concerns.

Stop smoking. Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 4 weeks prior to surgery. You must also be free of any nicotine patch or no nicotine-based products for a minimum of 4 weeks prior to surgery.

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

- Keep as upright as possible, sleep with an extra pillow for the first 48 hours.
- Avoid bending or stopping, squat to pick things up off the floor.
- Use a cool pack on the eyes to help reduce the swelling for the first 24 hours.

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- **DO NOT REMOVE THE PLASTER.** Leave the plaster on your nose until your next appointment.
- Inform/call the clinic if the plaster becomes loose so it can be adjusted right away.
- Avoid blowing of your nose, just wipe it.
- Avoid sneezing! if you have to sneeze keep your mouth open.
- Avoid heavy lifting of objects or contact sports.
- Avoid picking of your nose or putting cotton buds inside to clean away dried blood.
- Take your antibiotics and normal pain killers as long as they DO NOT contain Aspirin.
- Call the clinic if you have the following symptoms:
 - Your nose bleeds.
 - Your plaster falls off or slips.
 - You have a lot of pain.
 - Your eyes have suddenly swollen up.
- We advise you not to smoke.
- Your nose will be spotty after the plaster has been removed. Use a mild soap and warm water to wash gently and pat dry.
- You can use Rhinomer Nasal Wash and Otrivin Nasal Spray three days after surgery. This will help clean the nasal passages.
- Massage your nose twice a day for any cream (Vitamin E, Aloe Vera, E45, etc.)
- Massage your nose in the following ways:
 - Downwards from nasal bridge to tip.
 - Gentle pinch massage to nasal bridge.
- Make a follow up appointment at the clinic for 8-12 weeks after plaster removal.

All of the above are guidelines and any additional information or advice will be given to you verbally or written if required.

IF YOU HAVE ANY PROBLEMS OR QUERIES, YOU CAN CONTACT US AT OUR CLINIC 04-346-9888



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