

# Patient Post-Operative Care Information

Professor V V Ramakrishnan (VVR)

## Additional Patient Care Advice

### Rhinoplasty

Following your planned discharge, please ensure the following are adhered to, in order to optimise the healing process, unless otherwise instructed to by VVR :

- Ensure normal diet, limited chewing
- Avoid stooping / bending**
- Bend knees, keeping back straight when lowering body
- Sit propped upright when resting / sleeping
- Avoid sudden / quick movement of head
- Gently wash face keeping splint dry and in position
- Gently pat dry face with clean towel
- Keep splint in position at all times – if splint moves contact Outpatients
- Do not blow or pick nose – if a sneeze occurs try to cough it out
- Brushing teeth – stand in upright position - Rinse into cup
- Do not drive until reviewed by VVR
- Do not undertake any strenuous activity that raises the heart rate (including housework) – maintain gentle mobility
- Do not wear make-up for 2 weeks
- It is anticipated that stitches, if used, will be removed 1st week post operation and the splint will be removed during the follow-up meeting with VVR 2<sup>nd</sup> week operation**
- Timeframes on returning work / resuming normal activities will be re - confirmed once reviews have taken place**