

# Rhinoplasty

## Post-Surgery Precautions

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### Position

- For the first week after surgery, keep your head elevated above the level of your heart when sleeping. This helps swelling subside more quickly.
- Avoid sleeping on your side or stomach. Sleep on your back with your face directed upward.

### Diet

- You may eat a normal diet, but avoid foods that are too salty or spicy, as they can worsen swelling.

### Swelling / Bruising

- Swelling and bruising usually peak within the first 48 hours, then gradually improve over 2–4 weeks, depending on the individual.
- Apply cold compresses for the first 3 days (including the day of surgery), then switch to warm compresses from Day 4 onward.

### Wound Care

- Do not remove the nasal tape or splint on your own.
- If nasal packing (cotton-like material) was used, it will be removed 2–3 days after surgery. If a clear silicone splint was placed inside the nose, it will usually be removed 1 week after surgery.
- Sutures on the columella (between the nostrils) or around the nostrils are typically removed 1 week after surgery.
- Do not touch or forcibly remove scabs or crusts inside the nose.

### Washing, Showering & Makeup

- Until the tape and splint are removed, cleanse only the areas around the surgical site with a wet towel.
- The day after suture removal, you may gently wash your nose and apply makeup. Avoid rubbing or putting pressure on the nasal area.
- Avoid saunas for at least 1 month after surgery.

☒ Please note that individual recovery may vary, and the guidance provided by your medical team may differ from the instructions above.



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### Exercise

- Daily activities are possible after 1 week.
- Light exercise may begin 2–3 weeks after surgery, and strenuous exercise after 1 month.
- Avoid any physical force or trauma to the nose.

### Medication

- Take prescribed medications regularly at the designated times. If you experience diarrhea, rash, or any unusual symptoms after taking them, contact the clinic immediately.
- Do not take Aspirin or Vitamin E for 1 week after surgery, as these may increase bleeding.

### Alcohol & Smoking

- Avoid alcohol and smoking for at least 2 months after surgery, as they increase the risk of bleeding, infection, and delayed healing.

### Other Progress Notes

- You may gently blow your nose from 1 week after surgery. Stronger nose blowing is possible from 4 weeks onward.
- Swelling and healing progress vary by individual. Immediately after surgery, the nose may appear slightly lifted or asymmetric—this usually improves over time.
- Eyeglasses should not be worn until at least 1 month after surgery.
- If osteotomy (bone reshaping) was performed, gentle massage of the operated area may be recommended starting 1 month post-op. Please consult your surgeon for proper technique.
- Swelling of the nasal bridge and tip subsides more slowly, with the final results usually stabilizing around 6 months after surgery.
- Temporary symptoms such as nasal congestion, runny nose, or minor bleeding may occur due to irritation of the nasal mucosa, but these will gradually improve.

### Emergency Situations

- Contact the clinic immediately if you experience sudden severe swelling, pain, fever, skin color changes, or continuous bleeding.
- If you sustain trauma or a strong impact to the nose after surgery, visit the clinic promptly to have your condition assessed.

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