

Rhinoplasty Post-Operative Precautions

- Apply the ointment in a thin layer to the incision areas **3 times a day**, including the nose, ear cartilage donor site, rib cartilage donor site, and buttock donor site.
- **Do not remove the tape on your nose, the splint, or the nasal packing on your own under any circumstances.** Until the stitches and tape are removed, you may only shower below the face. For the rest of the face, excluding the incision areas, please wipe gently with facial cleansing wipes.
- **If nasal packing is in place**, it is usually **removed between postoperative days 2 and 7.** However, **if the bleeding does not stop, the packing may need to remain in place for a few more days.** Do not forcibly remove any scabs or wounds inside the nose, and **do not irritate the inside of the nose with cotton swabs.**
- Until the stitches are removed, please be careful not to let water come into contact with the surgical areas. **If the area gets wet, please care for the wound in the following order.**

▶ Ear, rib cartilage, buttock

① Shower with the waterproof bandage in place → ② Remove the waterproof bandage after showering → ③ Dry the area with cool air for 5 minutes → ④ Apply the prescribed ointment → ⑤ Cover the area with a bandage or gauze

▶ Nose

① Dry the area with cool air for 5 minutes as quickly as possible → ② Apply the prescribed ointment

- After surgery, the nasal lining may become irritated, which can cause a runny nose, nasal congestion, or slight bleeding. These symptoms usually improve over time.
- The timing of stitch removal varies depending on the surgical method, but stitches are usually removed **7 to 14 days after surgery.** You may **wash your face with water** starting **1 day after** stitch removal, and from **2 days after** stitch removal, you may **use soap, shampoo your hair, and wear makeup except on the surgical area.**
- Wearing glasses, **blowing your nose**, and using a sauna are allowed starting **1 month after surgery.**

- Swelling and healing progress vary from person to person, and there may also be some difference between the left and right sides. As a result, **your nose may appear upturned or asymmetrical immediately after surgery.** Swelling in the bridge between the eyes and the nasal tip tends to go down more slowly, and **the final shape usually stabilizes after about 6 months.**

General Post-Operative Care Instructions

- **Alcohol and smoking are strictly prohibited for 1 month** after surgery, as they may **cause bleeding and inflammation.**
- Apply **cold compresses for the first 3 days** after surgery. **Starting from day 4, use warm compresses for up to 1 month** to help reduce swelling and bruising.
- **Walking is very helpful for reducing swelling. From day 4 after surgery, please take slow, extended walks to promote blood circulation.** Regular exercise may be resumed 1 month after surgery.
- Avoid bending your head downward after surgery. **For the first week, sleeping on your back with your upper body elevated** will help reduce swelling. If sleeping too upright feels uncomfortable, adjust the elevation to a level that is comfortable for you.
- **Swelling and bruising usually worsen gradually during the first 3 days after surgery,** then slowly improve over the following 2 to 4 weeks. Recovery may vary depending on individual factors such as environment, diet, blood circulation, skin type, and post-operative care.
- **Do not take aspirin or vitamin E** for 1 week after surgery, as they **may increase the risk of bleeding.**
- Please take all prescribed medications regularly and on time after discharge. If you develop symptoms such as diarrhea or hives after taking the medication, please contact the clinic.
- If you experience sudden severe swelling, warmth, pain, or changes in skin color, please contact the clinic immediately.



This Page



WhatsApp

+82 10 3141 4711 WhatsApp

B1, Aratower, 3, Seocho-daero 77-gil,
Seocho-gu, Seoul

consult@made-young.co