

## Postoperative Care Instructions for Rhinoplasty by Dr. med. Zimmermann

**Congratulations on completing your rhinoplasty procedure!** Proper postoperative care is essential for a **smooth recovery** and **optimal results**. Please carefully follow these instructions to promote healing and minimize any potential complications. If you have any concerns or questions, do not hesitate to contact me.

### 1. Rest and Recovery:

- Take it easy and allow yourself ample time to rest and recover.
- Avoid strenuous activities, including exercise, for at least 10 days.
- Elevate your head while sleeping to reduce swelling. Use an extra pillow or a wedge-shaped pillow for support.

### 2. Wound Care:

- Keep the surgical area clean and dry.
- After removing the silicon splints gently clean your nose and incision sites with a mild, non-abrasive cleanser as instructed by me.
- Avoid submerging your nose in water, such as swimming or taking baths, until cleared by me.
- Do not apply any creams, lotions, or ointments to the incision sites without my approval.

### 3. Medication and Pain Management:

- Take prescribed medications as directed by us.
- Use any prescribed nasal sprays or **saline solutions to keep your nasal passages moist and reduce congestion**.
- Avoid taking aspirin or any blood-thinning medications unless specifically approved by me.
- If you experience severe or persistent pain, swelling, or bleeding, contact me immediately.

### 4. Avoid Certain Activities and Conditions:

- **Do not blow your nose for at least one week** to prevent any strain on the healing tissues.
- Avoid wearing glasses that rest on your nose for at least four to six weeks. If necessary, consider using tape or other alternatives to support your glasses.
- Avoid exposure to excessive heat, sun, or cold, as they can affect the healing process.

### 5. Nutrition and Hydration:

- Maintain a **healthy, balanced diet** to support the healing process.
- Stay adequately hydrated by drinking plenty of water.
- Avoid consuming foods or drinks that are excessively hot, spicy, or hard to chew, as they may irritate the surgical site.

### 6. Follow-Up Appointments:

- The silicone splints are removed after 4 days, and thermoplastic splints is removed after 10 days by me.
- Communicate any unusual symptoms or changes you may experience during your recovery.

Remember, every individual's recovery process may vary. It is crucial to follow the specific instructions tailored to your unique situation. By adhering to these guidelines and providing yourself with the necessary care, you can **increase the likelihood of a successful rhinoplasty outcome**.